

Chance and Challenge - Improve the assistance services for children and youth victims by developing innovative support programs
Erasmus Plus, Strategic Partnerships
Joint Staff Training Event Czech Republic
November 2015

EXERCISE NO. 1

TO BUILD A RAPPORT BETWEEN COACH – COACHEE

You are a coach and your coachee is a victim of human trafficking. The coachee needs support in her social reintegration process after the exploitation period. It is your first session as coach.

In coaching the first minutes are important in developing a relation with the client. Based on the example provided to you, please indicate several examples of methods that you would like to use to create the relation / rapport coach – coachee (verbal and non-verbal methods):....

EXERCISE NO.2 THE WHEEL OF LIFE

1. Ask the coachee to Draw a Circle.

2. Split the Circle in 6 Sections

3. Write in each Section from 1 until 6 the followings:

1. FAMILY.

2. CAREER.

3. FINANCIAL.

4. HEALTH.

5. FUN/RECREATION.

6. OTHERS (self-development, persona growth).

4. Draw a line in each section (consider the line as a scale 1 (the worst) – 10 (the best)).

5. Add a score on each line on each section and ask the client the following questions:

Have you ever been higher than the number you have recorded?

What was different when you were higher up the scale?

What was actually happening when you were higher up the scale?

Have you ever been lower than the number you have recorded?

What did you do to move up the scale?"

What have you learnt from previously being lower on the scale?"

What number on the scale do you want to be?"

What actions can you take to start moving up the scale?"

If you moved up the scale, what will be happening to tell you that you have arrived at that number?"

What would need to happen for you to move up one point on the scale by this time next week?"

What might affect you moving up the scale?"

What can you do to overcome this obstacle – how can you prepare?"

After you have discussed the results with your client ask them what their future goals are.

Record your goals now:

My Goals:

Understandings Emotions

People represent emotions differently, if you think about a time you felt good compared to a time when you felt and you think about your emotions you will notice that they feel different. Some people say the anger is hot, while happiness feels light, how do your different emotions feel to you?

Makes groups of 2 people. Decide together about 1 positive emotion and 1 negative emotion that you felt in your life (10 minutes). Then separate from the group and follow the instructions (15 minutes):

Draw two human bodies on two pieces of paper.

On top of one body right a positive emotion

On top of the second body write a negative emotion. For each emotion (do one emotion at a time) I want you to remember a time when you felt it.

Where is this emotion in your body? Draw it on the body

What does it look like?

What color is the emotion?

What direction does the emotion travel in your body? Draw the direction on the paper

Is it travelling fast or slow?

What temperature is the emotion (hot and cold)?

Emotions can be seen different, but most people don't really think about it like this.

Exercise no. 4

Action Brainstorming Worksheet

Name: _____

Date: _____

From what you have learned, what behavior will you STOP, MINIMISE, KEEP DOING, do MORE of and which will you START?

Stop	Minimize	Keep Doing	Do More	Start

EXERCISE NO. 5

GROW – Goal, Reality, Options and Will

The GROW model is a set of coaching questions to help your client achieve their goals, by asking a set of questions to move their thinking into a positive direction. techniques.

G = Goal

R= Reality

O= Objective

W= Will

Explain to the Client

First, you need to agree a Goal and Outcome. What is your goal? Make the goal specific, measurable and realistic. You have to believe in your goal, also be consistent don't have a goal that conflicts with another goal or you will lose motivation in an instant.

Client Exercise

Goal Questions:

The Goal – what do you want to achieve? Keep this as simple as possible!

What is the aim of this discussion?

What is the long term goal?

What is the short term goal?

What does success look like to you?

How will you measure your goal?

Reality Questions: To achieve your goal you need to understand the Reality of your current situation, skills, time constraints, attitudes, process and how far or near you are to achieving your goal.

What is happening now?

What is the current situation like?

What's working and not working?

What is holding you back?

What can get you started?

How often have you tried to obtain this?

Option Questions: First look at the overall big picture and then break this down into smaller details.

What are the two main options to obtain your goal?

What else could you do?

What other options do you have?

What are the benefits and negatives of each option?

How long would it take to achieve each option?

What resource and expenditure would be needed?

What criteria will you use to select the main option?

What should you do first, next, last?

Will Questions: Once you understand and believe in the goal and can see that this goal is achievable and realistic, you will be ready to start moving towards that goal. The Will questions are designed to get you thinking about starting your task.

So what will you do now?

What options will you choose?

What will you start first?

Will this address your goal?

Is there anything else you need to do before we start?

Exercise no. 6

Daily Diary

A diary will help you see what you are achieving, for many we are so busy that we don't actually see what we have achieved in the day.

The diary is for your eyes only, add to the diary everyday and keep it locked safely away. At least once a month re-read all the daily entries in the previous month and notice how much you have moved forward, also become aware of any patterns you have developed.

Date:

Overview of the Day: In the overview section, you need to be aware of what is currently going on in your mind. Record all your thoughts and feelings; *today I met an old friend in a coffee shop, I thought it was great to get out of the house and to forget about my problems. I am looking forward to meeting my friend again.*

Record the positives, the steps forward and any negatives and steps back

Breakdown of the Day:

What did I enjoy most about my day? Even if you are currently unhappy with your life, there will be a time in your day that you enjoyed more than the rest of the day, what part of the day did you most enjoy?

What would I like to do less of in my day? Think about what you didn't enjoy about this day, don't think about it too much, imagine you could see your day as a TV show, watching yourself on the television. Which part of your day did you not enjoy? Why did you not enjoy this?

What did I learn today? We all learn every day. Think about the things you enjoyed and the things you didn't enjoy in your day and ask yourself for each individual item "what have I learnt from this?"

Record anything you have learnt about yourself; how you act in different situations, what you enjoy doing, how you handle problems, how others affect you, what makes you laugh. Write down anything you were not originally aware of.

If I could what would I do differently? At times, we act spontaneously in many cases this can be a positive thing, at other times you may regret the way you spontaneously acted. What you can ask yourself is, "if you were in a similar situation again, what would you do differently now you have learnt from this past experience?"