

# Self-Coaching

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**Personal Learning Advisors**

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The Open  
University



## Who we are

- An Introduction to the Personal Learning Advice Service



## What is Coaching/What is SELF-Coaching

- Brief introduction
- Benefits of SELF-coaching



## Silent SELF-Coaching Activity with Helen and Jo

- GROW model



## Next Steps

- Your actions and where to find out more



## WHO WE ARE

- A team of 25 staff, known as the ‘**Personal Learning Advice (PLA) Service**’.
- Established in 2021 to support students from groups currently underrepresented in Higher Education in the UK – read more [here](#)
- We support students through coaching and mentoring to improve confidence, maintain motivation, develop resilience, identify and work towards study goals, and manage studies-life-work balance.
- The PLA Service is a **pilot project**. We are working with OU Faculties to identify and support students. All students eligible for a PLA are currently **contacted directly** by us.
- To date, we have supported students who are carers, care-experienced, students with mental health needs, and Black students.
- If you would like to know more about our service visit: [Website: Personal Learning Advice Service \(open.ac.uk\)](#)



# WHAT IS COACHING?

When you're busy with study and life it can feel impossible to stop and think about your achievements, how well you're doing, what resources you have to support you and how you can overcome obstacles to reach your goals. Coaching is designed to give you the tools to do this.

Coaching can be summed up as:

***“... unlocking a person’s potential to maximise their own performance. It is helping them to learn rather than teaching them”*** (Whitmore, 2009)



**Through coaching you will learn things about yourself you may not have consciously been aware of before.**



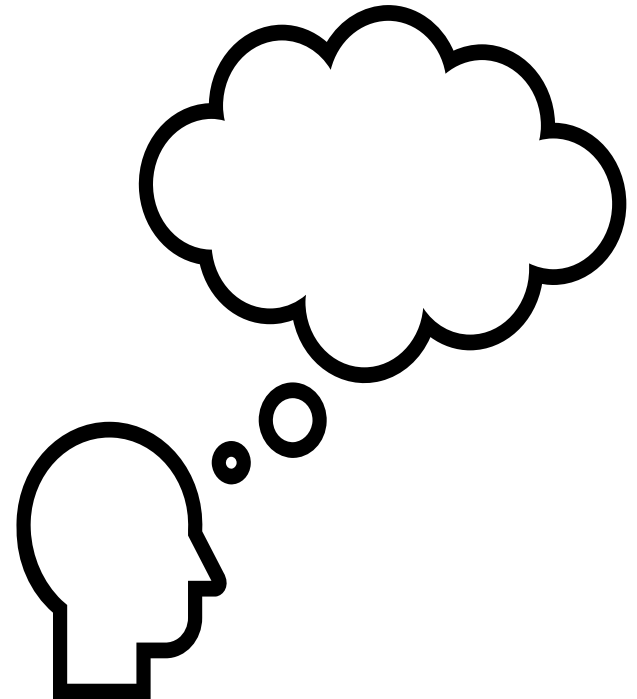
# WHAT IS SELF-COACHING?

Coaching usually takes place between a coach and the coachee (you), however you may not have access to a coach, and this is where SELF-coaching can really help.

We all have the capacity to coach ourselves.

SELF-Coaching allows you time to reflect and respond to situations or challenges you face, versus reacting.

SELF-Coaching gives you the tools and knowledge to know your true self and be your best self.





## BENEFITS OF SELF-COACHING

- ✓ Empowering, helps you take control of your own success.
- ✓ Provides you with a standard approach/framework to take action.
- ✓ Helps you identify your goals.
- ✓ Increases your motivation to reach your goals.
- ✓ Helps you create a plan to get 'unstuck'.
- ✓ Strengthens your determination to get past obstacles or issues.
- ✓ Develops your self-awareness and self-confidence.
- ✓ Develops your sense of ownership and personal responsibility.

**There are many techniques and tools used in coaching and self coaching – this next activity focuses on silent coaching.**



# Silent Self-Coaching Activity

with Helen and Jo

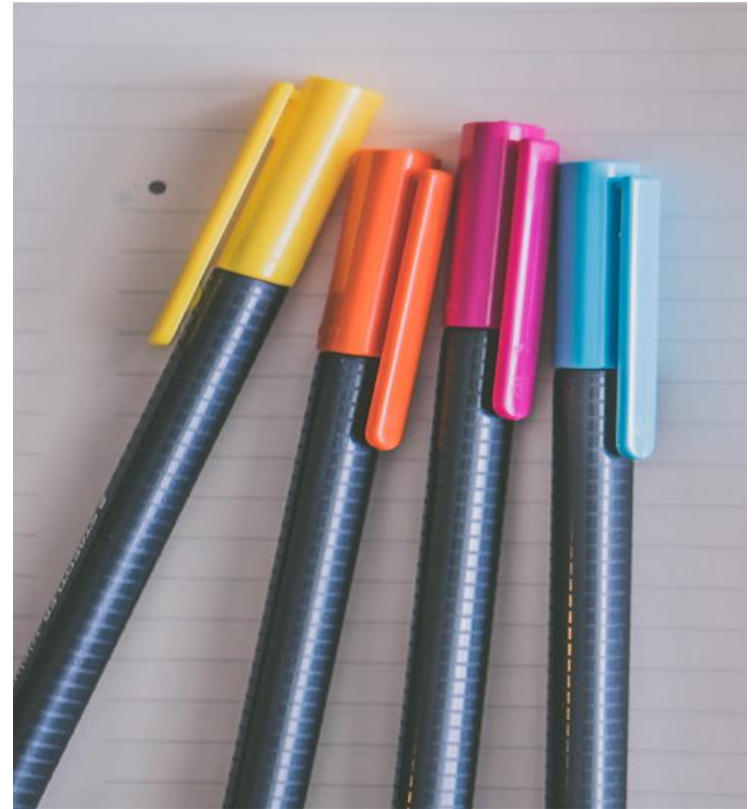


# Silent Coaching Activity (GROW model)

**Think about an issue, situation or decision at work or home that you are currently dealing with, or something that's on your mind.**

**It can be something large or small. It can help to write down your responses.**

**You will not be asked to share your scenario or responses.**







## Silent Coaching Activity - Questions

- Imagine that you have successfully addressed the scenario. What does success look, sound or feel like? What can you and others see, hear and feel?
- What is it about this scenario that makes this hard for you?
- What assumptions could you be making?
- What part of the scenario have you not yet explored?
- If this scenario was an animal – what animal would it be?
- Is there anything else?
- If you had no serious constraints – of time, money, power, health – what would you do?
- What would occur if you were kinder and more compassionate with yourself and/or others in this scenario?
- What is the range of options and possibilities you have?
- From your options, which one/s will you actually pursue?
- What further support and resources would help you?
- What is the first step you will take and when will you do this?
- What do you now know?
- What difference does knowing that make?

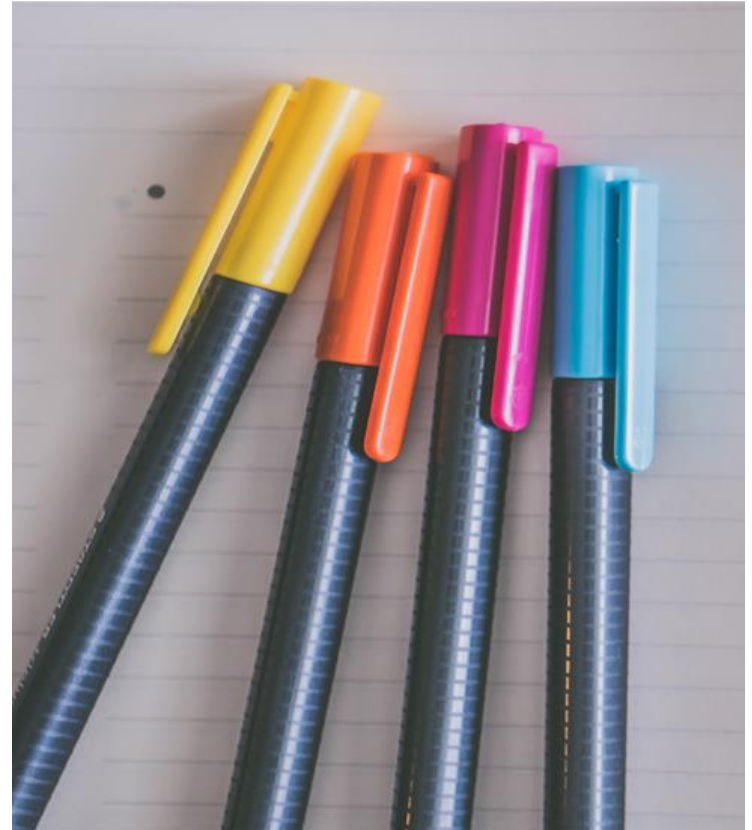


## Silent Coaching Activity (GROW model)

**Would anyone like to share their experience of that exercise?  
How was that?**

**Please post in the 'Chat' or feel free to put your camera on and chat!**

**This is a question to invite how you found the exercise itself. You do not need to share your scenario or responses.**





## Silent Coaching Activity (GROW model)

Imagine that you have successfully addressed the scenario – what does success look like, sound or feel like – what can you and others see, hear and feel?

G = GOAL

What is it about this scenario that makes this hard for you?

What assumptions could you be making?

What part of the scenario have you not yet explored?

R = REALITY

If this scenario was an animal – what animal would it be?

Is there anything else?



## Silent Coaching Activity (GROW model)

If you had no serious constraints – of time, money, power, health – what would you do?

**O = OPTIONS**

What would occur if you were kinder and more compassionate with yourself and/or others in this scenario?

What is the range of options and possibilities you have?

From your options, which one/s will you actually pursue?

What further support and resources would help you?

What is the first step you will take and when will you do this?

What do you now know?

**W = WHAT/WRAP-UP**

What difference does knowing that make?



## Silent Coaching Activity – Further Support

As a result of this SELF-coaching activity you will have gained a greater understanding of your issue/situation, your options and action(s) you can take.

You may also have further questions or require additional support to discuss things in more detail. All students can access further support via:

**Study Support** - contact your tutor or your Student Support Team (SST). Contact details can be found on Student Home.

**Personal Support** - 24/7 online support from **Talk Campus** and text support from **Shout 85258**. You can access this support [here](#) via the OU Help Centre.





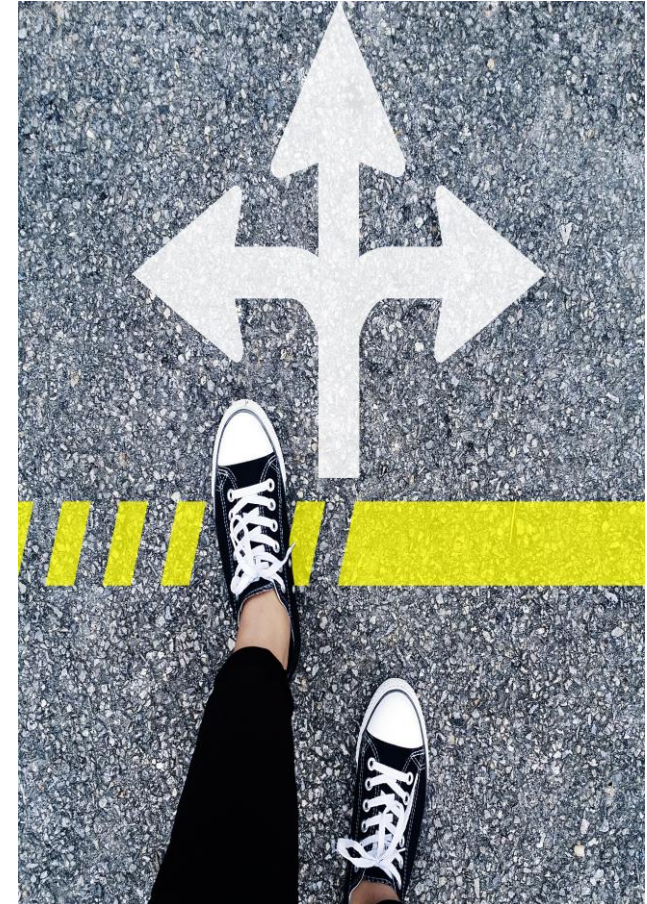
## NEXT STEPS

Self-coaching and learning more about yourself is a continuous process, not a one-off activity or event.

You can use this GROW model technique again and again to support you in your OU studies and in life.

Look out for emails from the Personal Learning Service with coaching updates, offers and future events.

Read more about self-coaching and *Understanding Yourself* in the regular PLA Service blogs on The Hoot: [The Hoot -blog](#)



**Thank you**  
*Any questions?*



Contact us at

[PLA-Services@open.ac.uk](mailto:PLA-Services@open.ac.uk)