



School Equity Best Practice

Title: *EDUCATIONAL COACHING*

Equity dimension: Fairness Inclusion Access Opportunities
 Personalised learning Personal and social development

Subject: *Well-being*

Target groups: Early Years Primary education Lower secondary education
 Upper secondary education Vocational Training Other

Source: *Institut El Calamot is a Public Secondary School located in Gavà, a town 20 km away from Barcelona which has a population of 46.000 inhabitants. Institut El Calamot was created in 1986 and, due to its growing educational needs, moved to a new location in 1996. With a total enrolment of over 1.000 students, there are mainly immigrant and middle/working class students. Institut El Calamot provides Secondary Education -lower & upper- and Vocational Training -intermediate & advanced-.*

Address: Avda. Joan Carles I, 62. 08850 – Gavà, Barcelona.

Phone number: +34.93.633.44.50. E-mail address: ieselcalamot@xtec.cat

Description: *The Educational Coaching is an accompaniment process between an educational coach and a student. However, it can also be applied to teachers or any other staff member. It pursues to change beliefs or behaviours if these are malfunctioning. The coach facilitates tools to help the student reach a personal growth and/or an academic progress. The process assists in managing emotions, improving self-concept and gaining sense of self-responsibility.*

Methodology: *In order to implement this practice, the school needs to assign an educational coach. The student's tutor is in charge of detecting the need of this accompaniment and offering the student the service. Then, the tutor requests the family's permission to start with the process. The Deputy Teacher and the Psychology & Orientation department are also informed. The first Educational Coaching session consists in informing the student what the aim is and what the sessions will be about. The Educational Coaching pursues to change conducts, not people. Students are okay as they are in terms of their own identity. With the provided tools, the student learns to investigate and accept themselves. The educational coach helps define possible actions to improve both personal and academic outcomes. An action plan is defined and the first steps must be easy to fulfill; this way, the student will experience successful experiences. The action plan is revised on a regular basis. Improvements are assessed and difficulties are taken into account -this might include changes in the action plan if needed-. When the aim is achieved, a closing session takes place, which includes an assessment of the work done and the strategies learnt. The student must be, at all times, supported by all the school members in their process of personal and/or academic growth. Teachers must allow the student to leave the class for the session. The length of the process varies depending on each person. It generally lasts from one term to a whole academic year. Sessions take place weekly or twice a month, depending on the case. The methodology is basically a conversation with different stages: observation of the student's own reality, proposal of an objective, creation of comprehension and behavioral options different from the ones previously used and consolidation of new habits and strategies. Attention is always placed on the student; therefore, questions are useful tools used through the whole process, as they involve a challenge and make students find answers on their own. This accompaniment is different from other types of interventions which focus on offering counseling, making recommendations or diagnosing. In addition to this, the Educational Coaching uses three more approaches: NLP -Neuro-Linguistic Programming-, Systemic Pedagogy and Mindfulness.*

Resources:

Human resources: *an educational coach -teacher who has received Educational Coaching training-*

Structural resources: *3 or 4 weekly hours to allow the educational coach to perform the accompaniment*

Spaces needed: *a calm and welcoming room*

Outcomes: *A total of 75 students have received this accompaniment since it started in 2010. The results show that students have improved their attitudes and beliefs towards social and academic aspects. Both the student and the educational community benefit from this practice.*

Supporting documents:

1. *Educational Coaching Tools:*
https://drive.google.com/file/d/1AmlmMWTVpAlc-LuRA9liAESk_9dv5Z5c/view?usp=sharing
2. *Educational Coaching – Assessment based on training received by teachers:*
<https://drive.google.com/file/d/19c0RSQ2ezsUg8ahWFJ00-exhrIHwyp4I/view?usp=sharing>

Interview:

https://drive.google.com/file/d/19KczfGpkdy8qEXnYKeG3yNjNYx_MHHi4/view?usp=sharing