

**Feedback Comments – Staff were asked the following questions:**

- (1) What did you know about “Coaching” before your Staff Development Coaching?**
- (2) What did you gain from the session?**

Thank you for the opportunity to attend the coaching training session today. It was very interesting and enjoyable.

1. I knew very little about "coaching".
2. I learnt that there may be many benefits to coaching in the school environment. The importance of really listening and the importance of asking the "right " type of questions and how fruitful this may be.

Thanks again.

Thank you for yesterday, it was an excellent session.

Before yesterday I knew that coaching highlighted areas for growth and empowered the person to develop.

After the session I have gained an understanding of the value of questioning, listening thoroughly and feeding back to validate. I also learned that at times 'silence is golden' allowing the person time to digest and relive that situation to allow change to happen. Also the value of ownership, validation as a whole person and a sense of acceptance within that.

This is something I would be interested in developing further.

Thank you for this opportunity.

Kindest regards,

Thank you so much for organising the session and inviting Isobel, she was an excellent facilitator of the session.

For me the word 'coaching' had more connection with PE and physical coaching of an athlete. What did I gain from the session? A lot! It showed me the importance of listening more and with full attention on the details of the conversation, how to ask open questions and read the emotions of the speaker through the body language. I learned that the purpose of the coaching session is to enable someone to come up with their own solutions to problems so that they can take full ownership of their actions, rather than jump to conclusions and offer advice.

On the personal level it gave me an opportunity to reflect on my own shortcomings when dealing with problems, putting off action by coming up with excuses and creating obstacles.

With kind regards

I really enjoyed yesterday's session. It was great and I hope I am able to put the newly gained insight into practice.

- 1) I only knew a little about coaching in so far as a friend of mine (who underwent coaching sessions) talked to me about her experience.
- 2) I learnt about the power of listening and the value of giving people time and space to think and thus take ownership of the issues (rather than telling them what to do, which I am guilty of far too often 😊 )

Many thanks for organising this CPD session. It was very pleasant as well as informative