

Session 11: Review of Module 1

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Session 1

- Introduction to inclusion and what it means in practice: producing things together rather than just being included
- Neurodiversity and what it includes: can include differences from birth and acquired differences
- Medical (focus on what's wrong with the person) and social models of disability (focus on structures in society)
- Preparing to listen – embedding listening into everything we are doing and what helps you listen
- Dual listening skills – listening to what is going on inside us as well as what the coachee is saying

Session 2

- Parents with ‘children who experience the world differently’ – what that means: neurodivergence, illness, trauma
- What different child’s needs mean for families: pressure on outer resources and inner resourcefulness
- How that feels for different family members: different perspectives and needs
- What parents need: 6 human needs – certainty, uncertainty, love, significance, growth, contribution
- Importance of listening – lamppost story

Session 3

- ✓Parenting when there is a disability or illness or trauma: increase in challenges since lockdown – impacting wide range of children
- ✓Biggest challenges: lack of knowledge, self-regulation, co-regulation
- ✓There are solutions: signpost, calm nervous system, listen, coach, plan
- ✓Different possible interventions: other organisations working with parents
- ✓The benefits of coaching: support, safe space, non-judgemental, new solutions
- ✓The role coaching has in supporting family life: brings calm, positivity, hope#
- ✓TGROW model: Target, goal, reality, options, will do

Session 4

- ✓The emotional journey of parents with children who experience the world differently: standard emotional journey compared to different emotional journey
- ✓Different emotions at different stages: depending on the situation with the child
- ✓Transformational listening: Tara Brach - As we learn to listen inwardly, we begin to understand and care for the life that is here.
- ✓How and when to use your own experience:
  - ✓do's such as check in with yourself first
  - ✓don'ts such as assume your solution will work for them

Session 5

- ✓The common coaching topics for parents
  - ✓Overwhelm, challenges with child, challenges within family, change in family
- ✓Deciding on the parameters for coaching
  - ✓Professional boundaries: Global Code of Ethics and CS4U Coaching Principles
  - ✓Establishing coaching goals
  - ✓Signposting
  - ✓Deciding when coaching is appropriate
  - ✓What can be achieved through coaching
- ✓The biggest fears new coaches have
  - ✓Won’t know what to say / do / be