



## Coaching After Session 2: An Early Memory of 'Us' (pages 20-21) Something Important to Me (pages 22-23)



### PREPARE:

- **DURING SESSION 2, announce coaching:** *(FULL ANNOUNCEMENT SCRIPT ABOUT COACHING HERE?)*
- **DURING SESSION 2, assign coaching topic:** *During this first 30-minute coaching call, you'll practice the skills using another "Memory of Us" or "Something Important to Me" - just like we did in this session. It's important for coaching to start on time, so each of you have your topics ready and your workbooks in hand for when the call starts.*

### COACHING CALL: Workbook: Exercises (pages 20-21 and 22-23) and Appendix A-2 & A-3 (Feeling Words)

GET THE COACHING CALL STARTED: (After a quick greeting, get them practicing ASAP.)

- *Let's get started. Just a reminder that I keep confidentiality, and also, I'm not going to comment on your topics. I'm just coaching you in the skills, helping you practice them well.*
- *Either you chose to talk about an early memory you have of the two of you. Or you chose to tell your partner about something going on in your life (not about your partner or partner's relatives). As you talk, remember to include feelings.*
- *Then your partner will Listen and summarize with Empathy, beginning with "As (partner's name), I remember..." or "As (partner's name), I'm feeling ..." and so on.*
- *I'll help you stay on track.*
- *Let's have you get knee to knee. Who is ready to begin?*

### YOUR COACHING GOALS:

1. **Expressing feelings:** Help them begin identifying and expressing their feelings.
  - Appendix A-2 and A-3 may help them find the right feeling words.
  - If they express only thoughts, say, *"And when that happened, I felt..."* and let them finish.
2. **Listening with Empathy:** Help the listener practice the "I" form of summarizing back.
  - Correct them if they slip into the "you" form. (It's common to feel awkward at first and to forget 'who is who'.)
  - Make sure the listener does not add his/her own thoughts or feelings. (*"Bill, I think you've begun speaking from your own point of view. You can get back on track by saying, "As Jennifer, I felt..."*)
3. **Encouragement:** Help them have a good experience with the skills! Even if they felt awkward, your encouragement can keep them motivated to practice!

### END:

- *"It's been 30 minutes – great job tonight!" (If they haven't finished their topic: "I'm going to sign off, but please continue until you have finished this topic.")*

#### COACHING "TOOLS:"

<b>Encouragement:</b>	<i>"Good job!" "Great effort at Listening with Empathy!"</i>
<b>Give Clear Directions:</b>	Tell them exactly what to do next
<b>Model:</b>	<i>"Start like this..."</i> (then say the words you want him/her to say)
<b>Prompt feelings:</b>	<i>"When that happened I felt..."</i> (and let them finish)