

# COACHING PEOPLE ONLINE

Plan your sessions and how you will present them in advance.

Take 10 minutes to reflect on your coaching practice.

Think inclusion.

Keep your safeguarding knowledge up to date.

Highlight safety considerations.

## Tips for Delivering Sessions Remotely

Celebrate people's efforts.

Bring energy to your session.

Allow sessions to flow and don't be afraid of silence.

Repeat points of focus.

Encourage people to make their own changes to take part.



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## Tips for Delivering Sessions Remotely

### Plan your sessions and how you will present them in advance.

Consider any insurance or licensing requirements. Do a screen test before filming, things can come across differently on screen. How could space, light or sound help you achieve more?

### Think inclusion.

Make it possible for more people to take part by providing adaptations or alternatives to suit different abilities. How could you make your planned activities easier or more challenging?

### Highlight safety considerations.

Raise people's awareness for taking part safely at home, creating a safe space, and limiting distractions where possible. What other things could you highlight for your planned session?

### Bring energy to your sessions.

Channel your own enthusiasm for what you are doing and use motivational talk to encourage others. What other verbal or non-verbal cues could help to keep energy high?

### Repeat points of focus.

Reinforcing any key points of focus throughout an activity can help to build confidence and maintain safety. What different ways can you think of to remind people in your session?

### Encourage people to make their own changes to take part.

Confidence, ability, equipment or space can all vary for those taking part. What can you do to empower people to take part in a way that works for them?

### Allow your sessions to flow and don't be afraid of silence.

Follow the energy in your session, make it like an active conversation with natural highs and lows. How might periods of energy or quiet help enhance the experience for people?

### Celebrate people's efforts.

Recognising and rewarding effort is a great way to connect and keep people motivated. How many ways can you think of to provide a warm welcome and positive feedback to people?

### Keep your safeguarding knowledge up to date.

Check the latest guidance from reputable sources, be mindful that online delivery may give you access into people's personal spaces. What boundaries might you want to set or protect?

### Take 10 minutes to reflect on your coaching practice.

Make time to reflect after every session, consider what has worked well and what could change for next time. How can you collate and use feedback to help you to keep learning?