



Component: Self Awareness

ILO: To structure thought processes when faced with study/career problems.

TOOL

This framework comes from Sarah Ellis and Helen Tupper in their book *You Coach You* (released January 2022, <https://www.amazingif.com/books/>). It is a coaching tool to help people consider and work through their career challenges. It can be adapted to help students to coach themselves through study and career choices and can be applied to problems in the classroom as learning opportunities using Problem Based Learning (for example, in Event Management, you set the class a scenario concerning an event problem and ask students to try and come up with possible solutions using the framework).



COACH is an acronym for the five stages to process through when trying to make decisions:

C = Clarity - Seeking clarity and understanding of the problem to be addressed by asking and answering questions such as why is this a problem? what are the challenges? which is the most pressing challenge? what is needed to move forwards?

O = Options - Explore all the options available by asking and answering what could I do? how else could I address it? how might others approach this?

A = Action - Identify actions by asking and answering which action could make the most difference? which one seems the most useful option?

C = Confidence - Build confidence by asking and answering how confident you feel about taking the possible actions (rate them on a scale of 1 - 10)? what might stop this action happening? what could you feel most confident about taking action?

H = Help - Look for ways to seek help by asking and answering what help do I need? Who could help me? Where and how do I find this help?

ACTIVITY

Set a problem scenario (such as how to record a five-piece band in a small home studio).

Ask students to work in pairs or small groups to come up with a preferred solution using the COACH framework as a guide.

Then ask students to consider a study or career choice issue of their own and apply the framework to their own situation

HOW

Use the Problem Based Learning Guide to help set up the scenario (see below).

LARGE GROUP TEACHING

This is suitable for large group teaching (more than one group could work on the same scenario, and the solutions can be compared in a plenary).

SUCCESS

Students show confidence is exploring and solving problems

NEXT STEPS

This is a useful tool to help around assessment period and towards the end of a course when career choices need to be made.

RESOURCES

www.musostudy.com/resources/2E/coach.png	Image to use on slides etc.
https://www.amazingif.com	Amazing If is the website of Sarah Ellis and Helen Tupper and contains many other coaching tips
https://www.musostudy.com/resources/2E/PBL-guide.pdf	Problem Based Learning Guide