ALL-SR Coaching: Overview of coaching process

Coach has three objectives throughout the cycle:

1. Build the learner’s **confidence**

2. Help the learner **reflect** (to become more **aware**)

3. Help the learner take (full) **responsibility** for their learning

**Getting started**

Coach asks learner to identify overall goals, e.g. ‘having more contact with native-speakers’ and establishes the coaching contract (i.e. agreement about how coaching will work)

**Monitoring, evaluation and readjustment**

Coach asks questions about progress with the learning project to help learner recognise progress, identify new strategies and make appropriate adjustments to plan.

Learner reports back on progress carrying out actions listed in learning project plan, makes appropriate adjustments to plan.

**Goal setting**

Coach asks learner to identify learning project goal

First formulation of the learning project goal, e.g. ‘to get to know some native speakers’.

**Goal adjustment**

Coach asks questions to help learner check that learning project goal is realistically achievable within learner’s current circumstances.

Reformulation of the learning project goal, e.g. ‘taking part in a regular social activity with native speakers’.

**Learning Project**

(time-limited)

**Carrying out actions**

**Learner embarks on learning project, i.e. starts carrying out the actions listed in learning project** **plan.**

**Identifying resources**

Coach asks learner to identify resources relevant to achieving learning project goal.

List of resources identified by learner as being relevant to achieving learning project goal, e.g. ‘time learner has available, financial resources available, learner’s preferences, skills etc. relevant to social activity, learner’s knowledge of available activities, awareness of how to find out about available activities. Etc.’

**Action planning**

Coach asks learner to identify actions to take in order to achieve learning project goal, factoring in resources identified.

First formulation of the learning project, i.e. actions that the learner plans to take in order to achieve the learning project goal, e.g. ‘(1) identify activities available by e.g. internet search/social media for relevant activities available in local area, talk to friends, acquaintance, agencies; (2) make contact with activities of interest; (3) etc.’

**Evaluation of coaching**

Coach evaluates the coaching and its outcomes