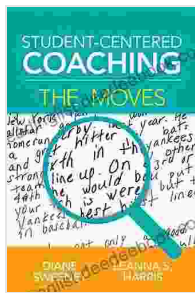


Student-Centered Coaching: The Moves I

Diane Sweeney

What is Student-Centered Coaching?

Student-centered coaching is a powerful approach to helping students learn and grow. By focusing on the individual needs of each student, coaches can help them develop the skills and knowledge they need to succeed in school and beyond.



Student-Centered Coaching: The Moves by Diane Sweeney

★★★★☆ 4.7 out of 5

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Student-centered coaching is based on the belief that all students have the potential to succeed. Coaches work with students to identify their strengths and weaknesses, and then develop a plan to help them reach their goals. Coaches also provide support and encouragement, and help students to develop the self-confidence they need to succeed.

The Moves of Student-Centered Coaching

There are a number of different moves that student-centered coaches can use to help students learn and grow. Some of the most common moves include:

- **Active listening:** Coaches listen attentively to students, and reflect back what they hear to ensure understanding.
- **Questioning:** Coaches ask open-ended questions to help students think critically about their learning.
- **Goal setting:** Coaches help students set realistic and achievable goals.
- **Feedback:** Coaches provide students with feedback on their progress, and help them to identify areas where they can improve.
- **Support:** Coaches provide students with the support and encouragement they need to succeed.

Benefits of Student-Centered Coaching

Student-centered coaching has a number of benefits for students, including:

- **Improved academic performance:** Students who receive coaching are more likely to improve their grades and test scores.
- **Increased motivation:** Students who are coached are more motivated to learn and achieve their goals.
- **Improved self-confidence:** Students who are coached develop a stronger sense of self-confidence and self-efficacy.

- **Improved social skills:** Students who are coached learn how to communicate effectively and work well with others.
- **Reduced stress:** Students who are coached are less likely to experience stress and anxiety.

How to Find a Student-Centered Coach

If you are interested in finding a student-centered coach, there are a few things you can do:

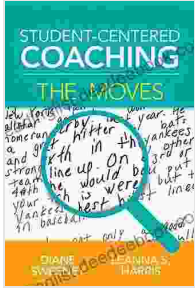
- **Ask your school counselor or principal for recommendations.**
- **Search online for student-centered coaches in your area.**
- **Interview potential coaches to find one who is a good fit for your child.**

Student-centered coaching is a powerful approach to helping students learn and grow. By focusing on the individual needs of each student, coaches can help them develop the skills and knowledge they need to succeed in school and beyond.

If you are interested in finding a student-centered coach for your child, I encourage you to do your research and find a coach who is a good fit for your child's needs.

About the Author

Diane Sweeney is a certified student-centered coach and the author of *The Moves of Student-Centered Coaching*. She has over 20 years of experience working with students, and she is passionate about helping students reach their full potential.



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