



Nottingham Trent
University

“Holistic approach to embed Wellbeing in the Curriculum”

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Exploring the impact of coaching in HE – Advance HE

“Coaching is used to support a number of developmental situations and a variety of approaches are used to suit particular individuals or situations”.

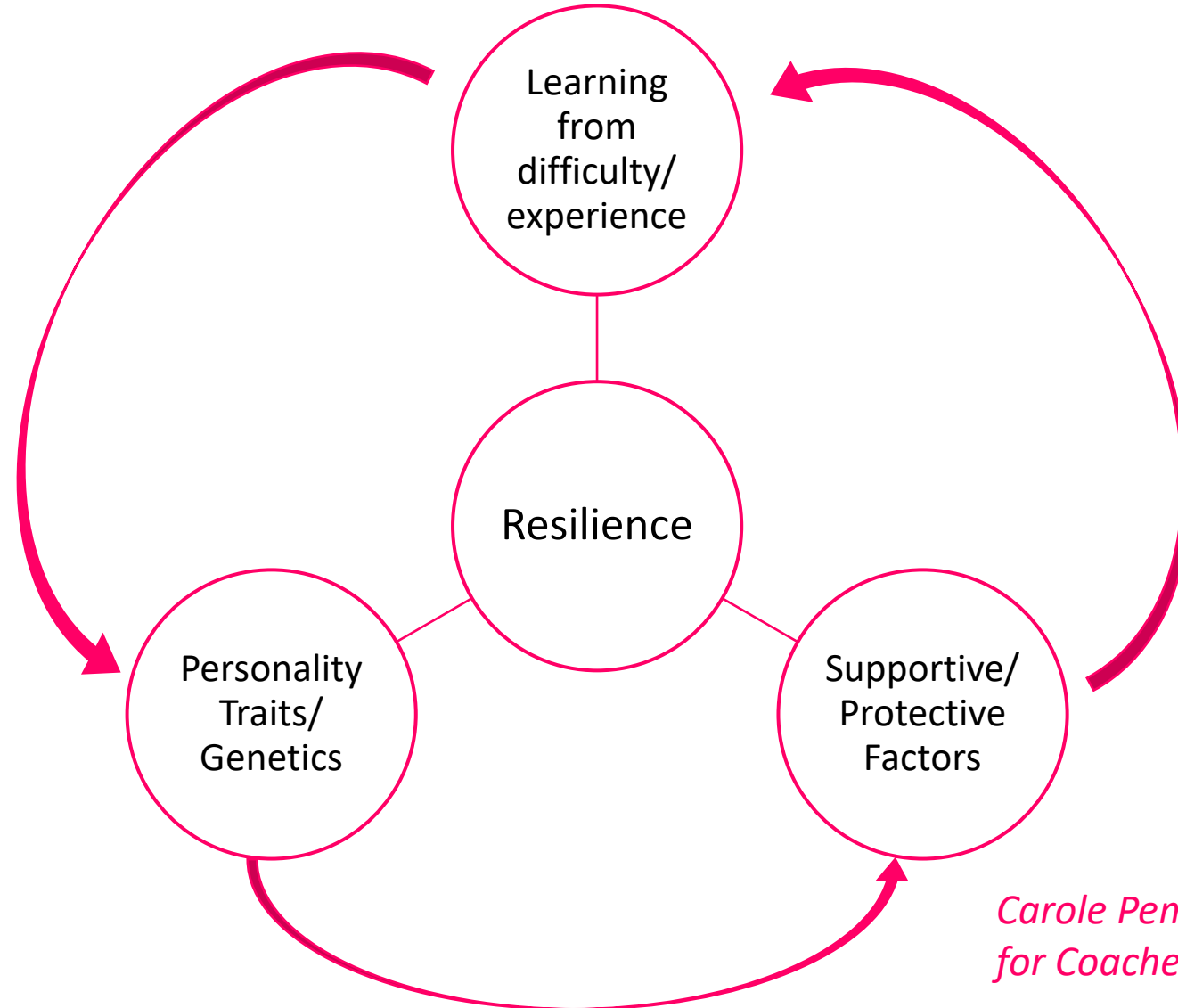
Coaching is a tool that enables an individual to perform at their best potential with support of a coach. It gives them accountability and ownership for their own life purpose.



Bournemouth University & Liverpool John Moore University

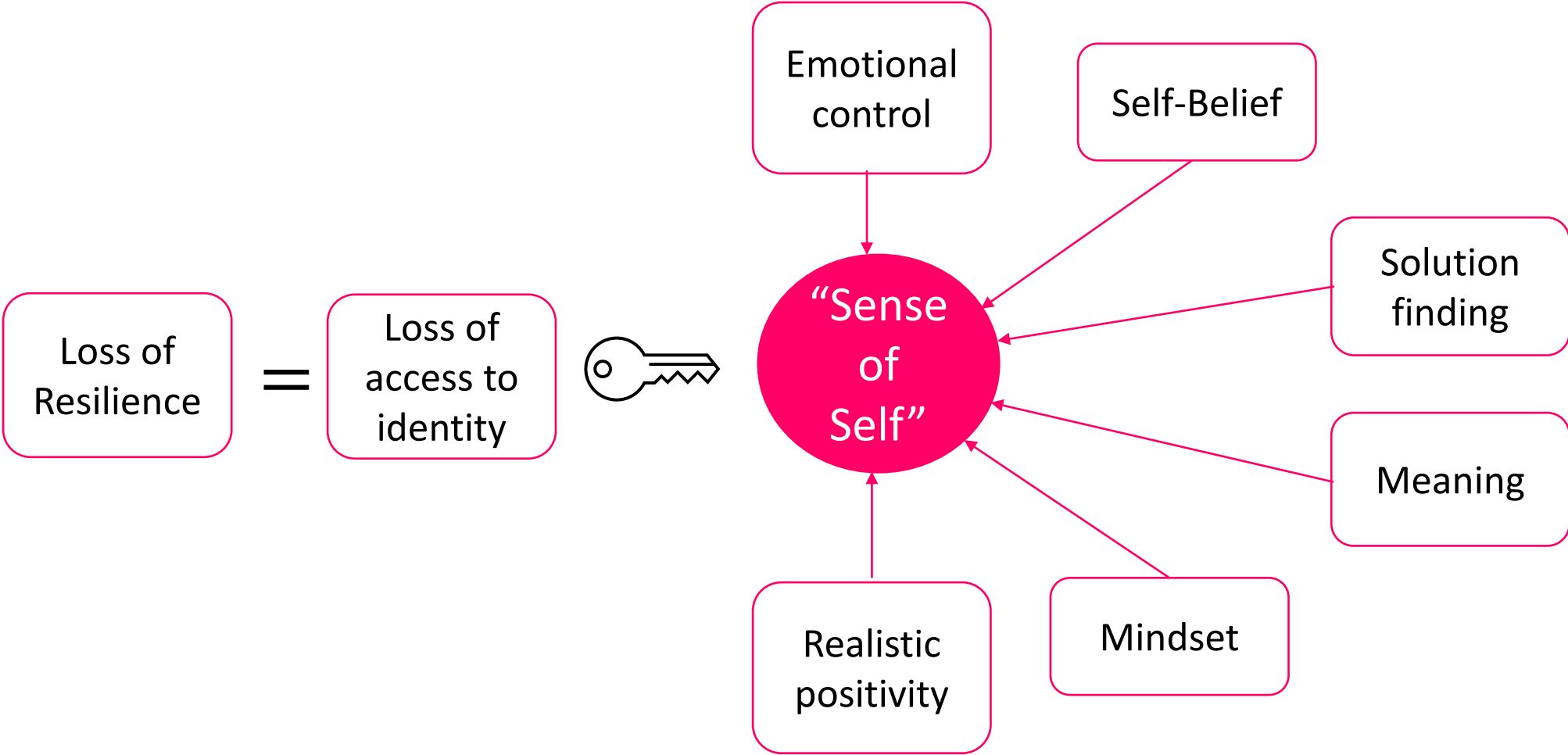
Liz Brewster et al., (2022) 'Look after the staff and they would look after the students' cultures of wellbeing and mental health in the university setting, Journal of Further and Higher Education, 46:4, 548-560

What do we know about resilience?



Carole Pemberton: A practical guide for Coaches

What do we know about resilience?



Success for All at NTU – Resilience Coaching

Personal

- Greater Confidence
- Clarity of purpose
- Overcoming Overwhelm
- Self-evaluation & reflection
- Coping strategies
- Decision making



Holistic Development

Professional

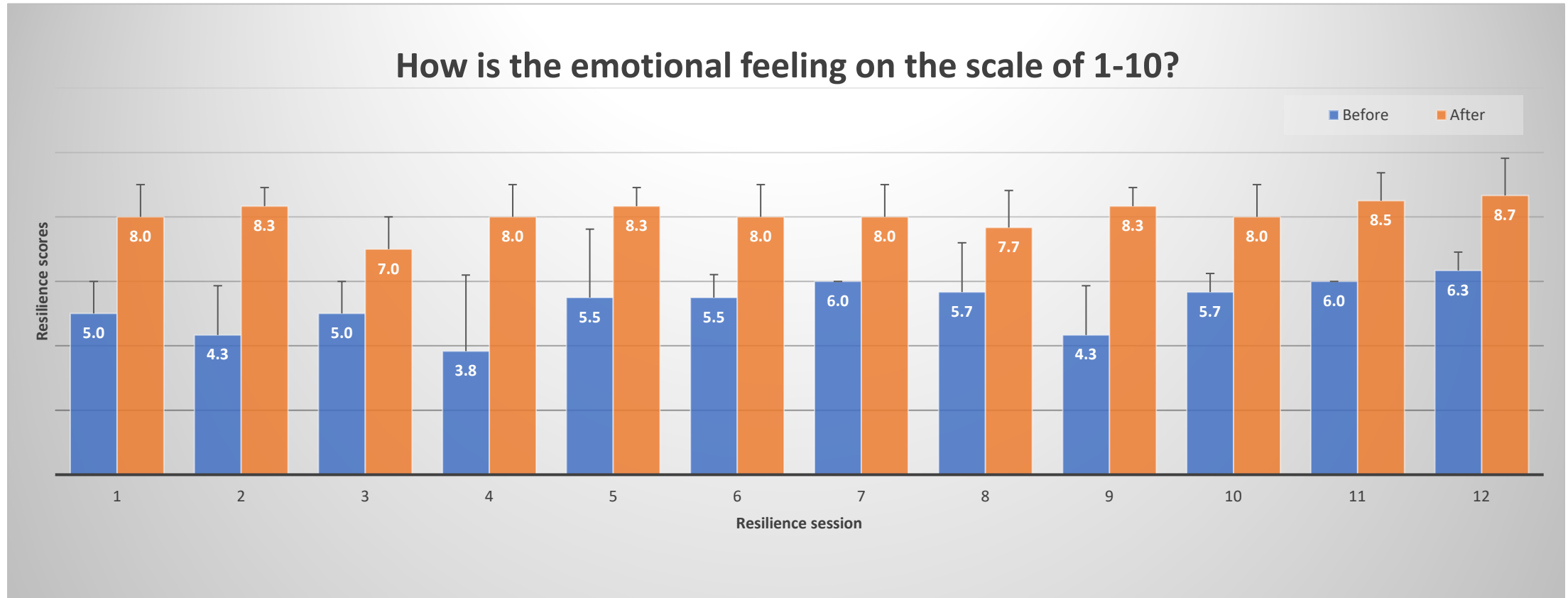
- Academic achievement
- Greater Concentration
- Engagement
- Exams
- Attainment
- Greater Success

12-Weekly resilience coaching sessions

1. Clarity through contrast
2. Confidence masterclass
3. Stress management
4. Resilience Mind maps
5. Resilience at Mental level, Emotional and Physical level
6. Self-doubt to Self-belief
7. Growth mindset
8. Power of failure
9. Wheel of life
10. End goals and Means goals
11. Learning FAST
12. Vision Boards

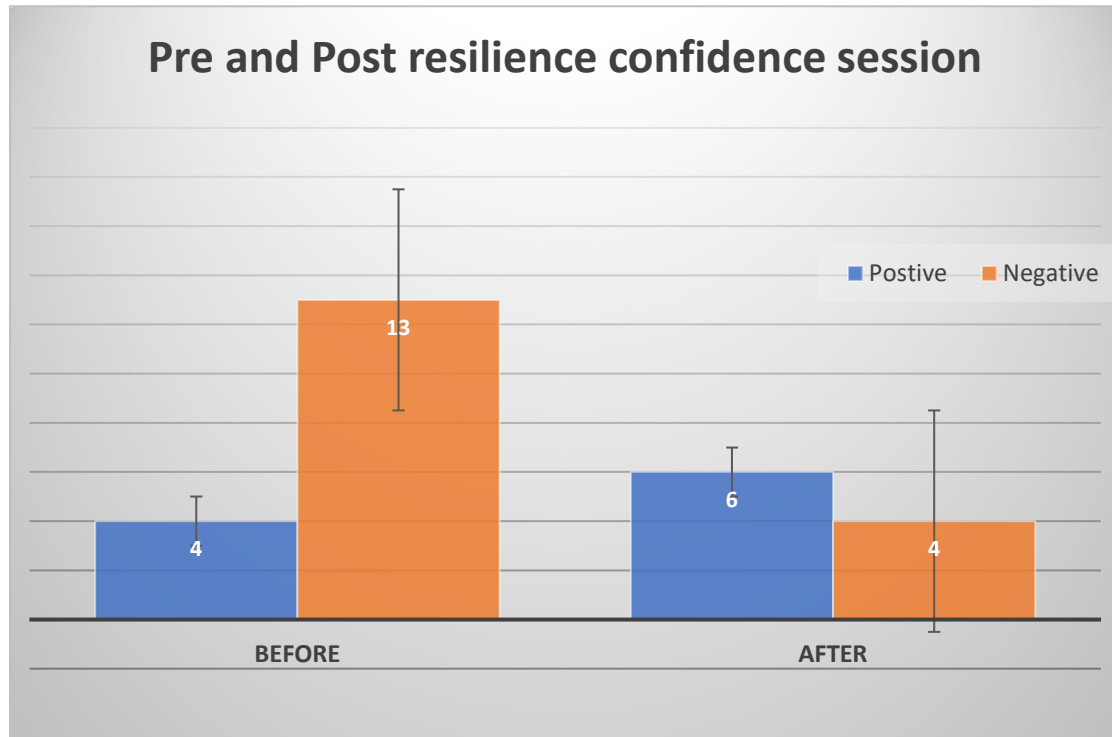
- **Worksheets**
- **Coaching questions**
- **Coping Tools/ Strategies**
- **Activities**
- **Exercises**
- **Processes**
- **Mindful meditations**

Feedback from resilience session

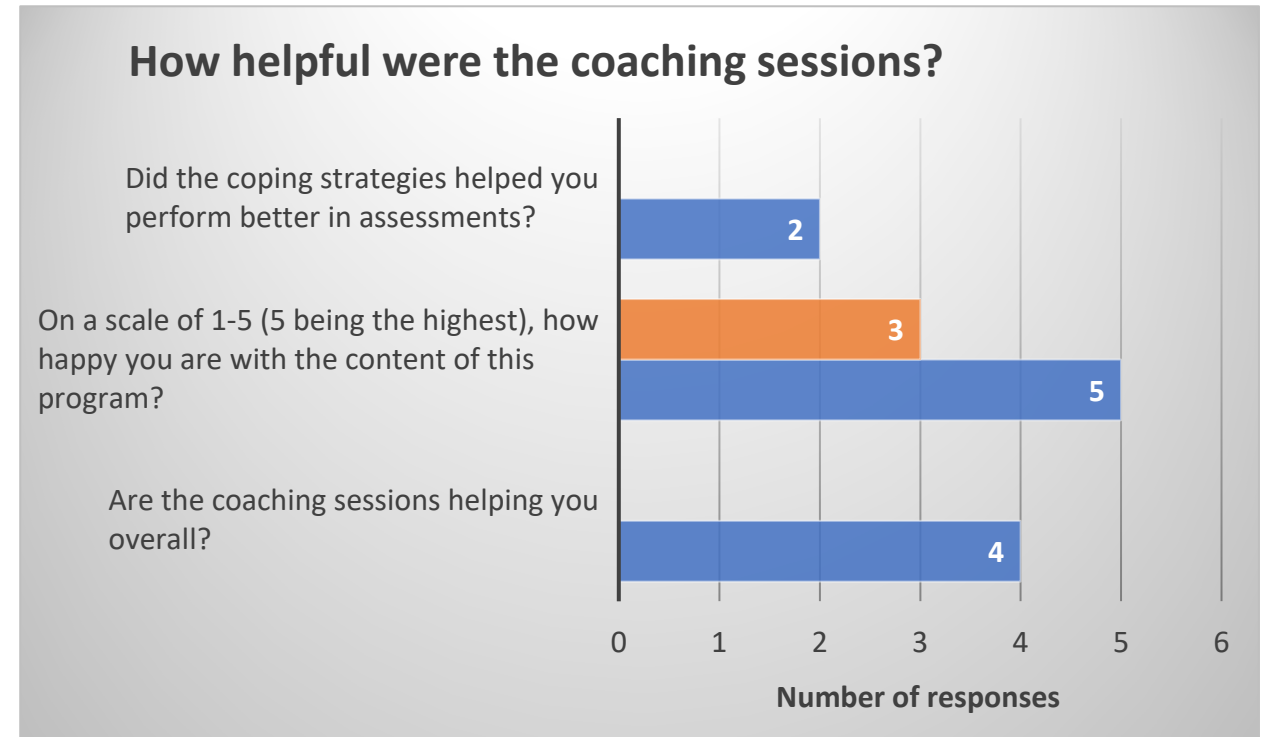


Student ($n = 6$, 17% of $N = 35$) Pre & Post Resilience Coaching Results

Feedback from resilience session

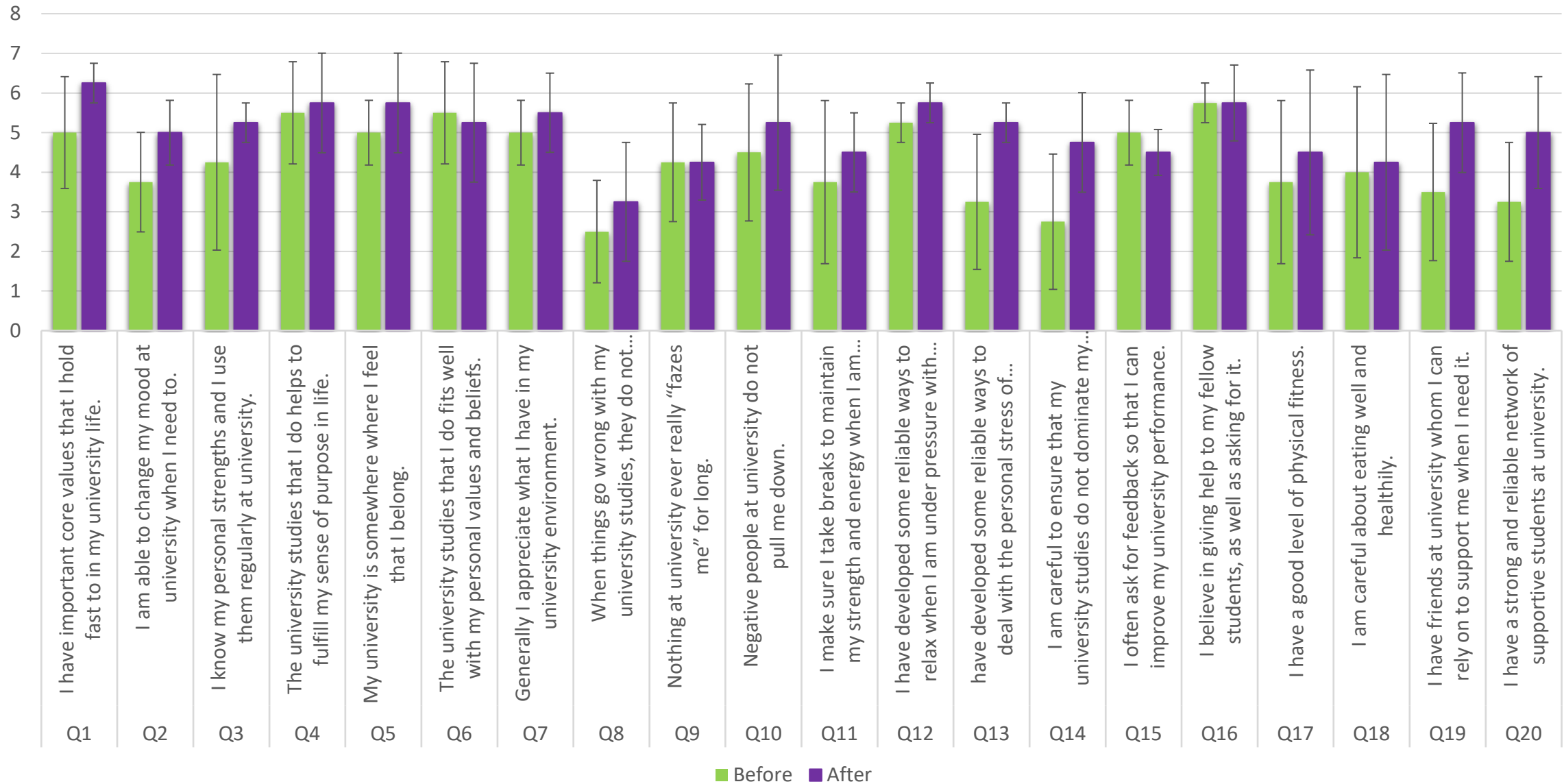


Student ($n = 17$, 56% of $N = 35$) Pre & Post Resilience Coaching Results

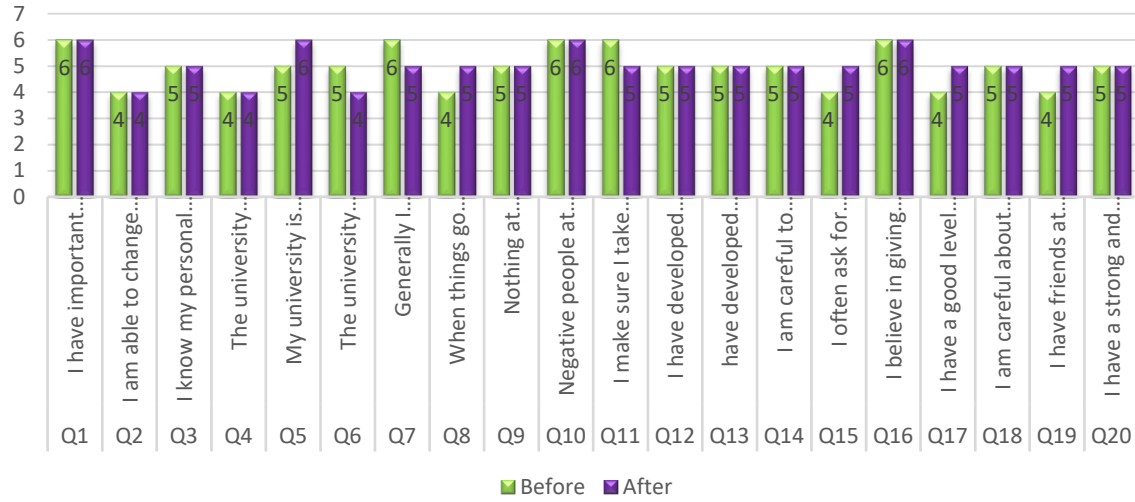


Student ($n = 2-4$, 5.7% - 11.4% of $N = 35$) overall coaching sessions

Resilience at University (RAU) Scale Analysis

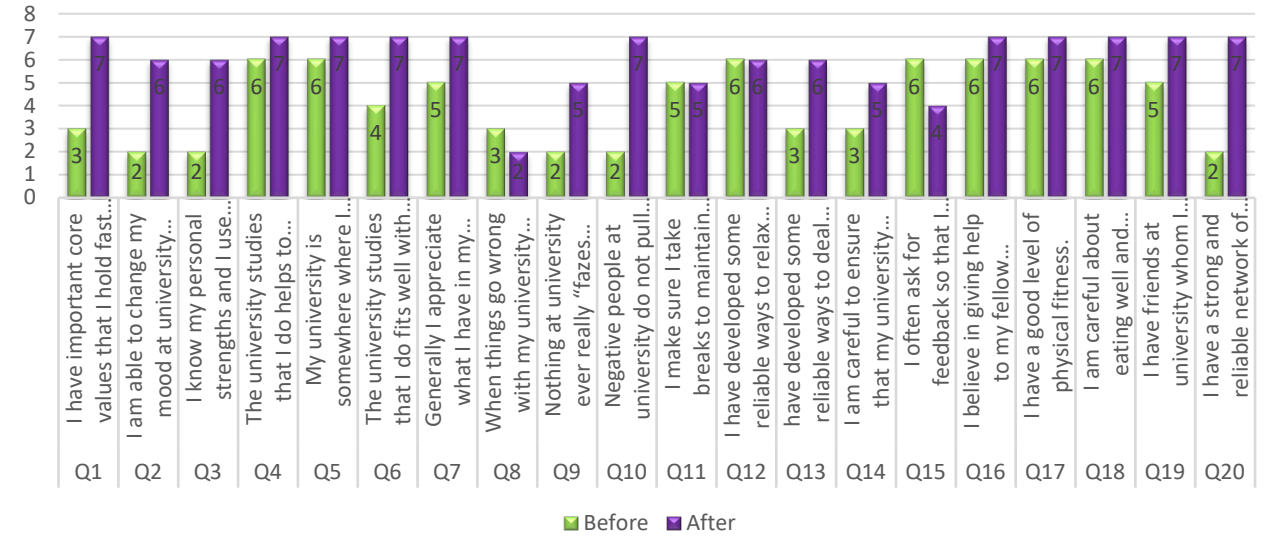


Participant 1

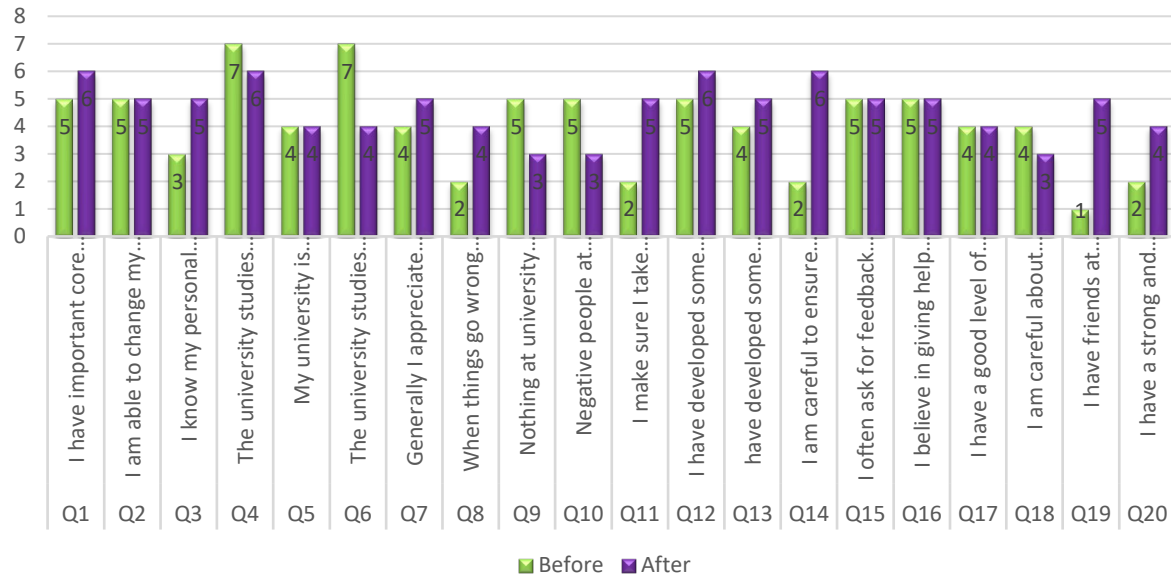


RAU

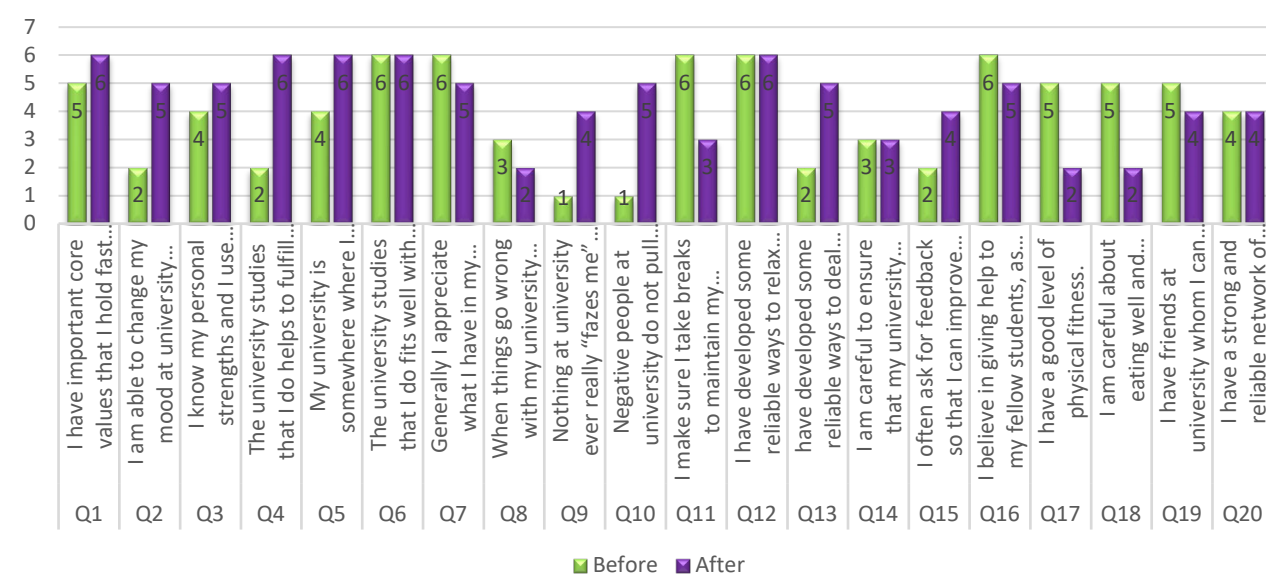
Participant 2



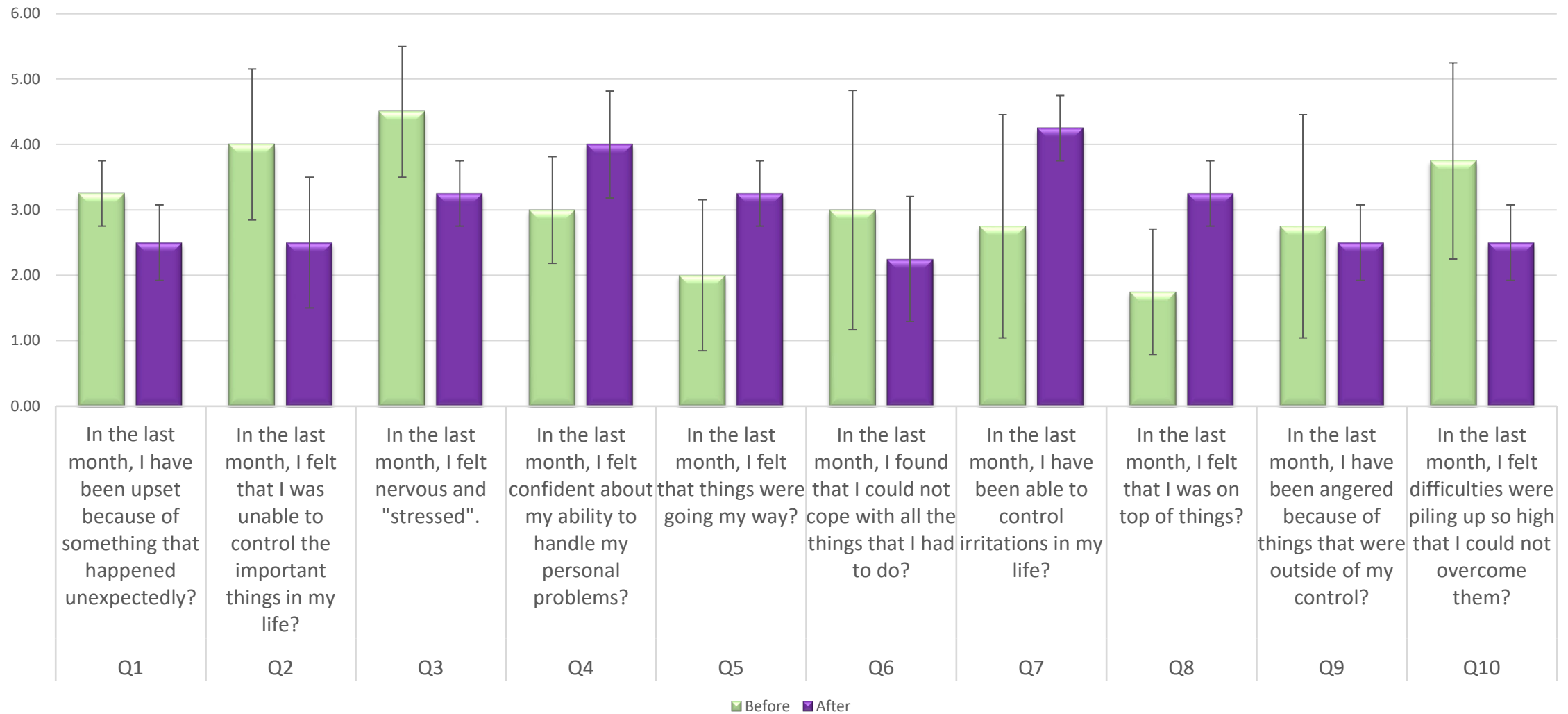
Participant 3



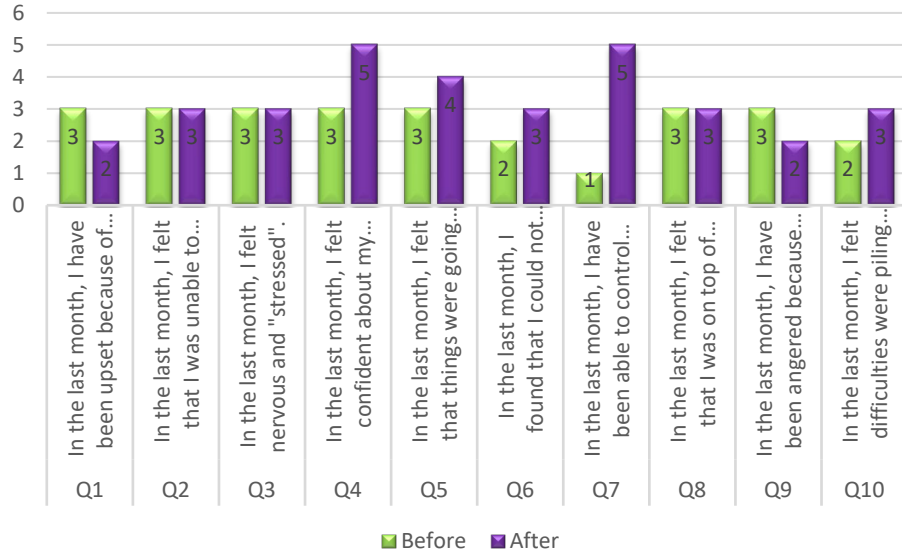
Participant 4



Perceived stress scale (PSS) Analysis

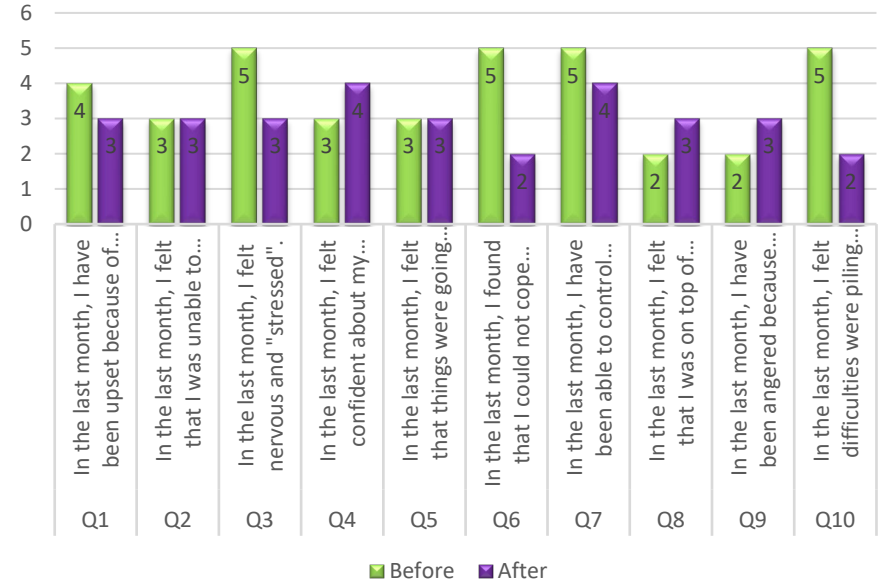


Participant 1

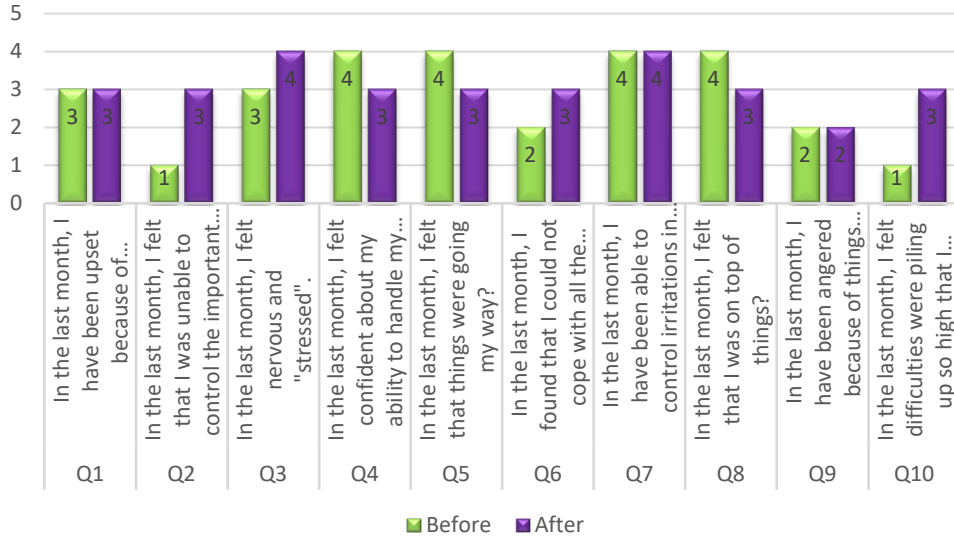


PSS

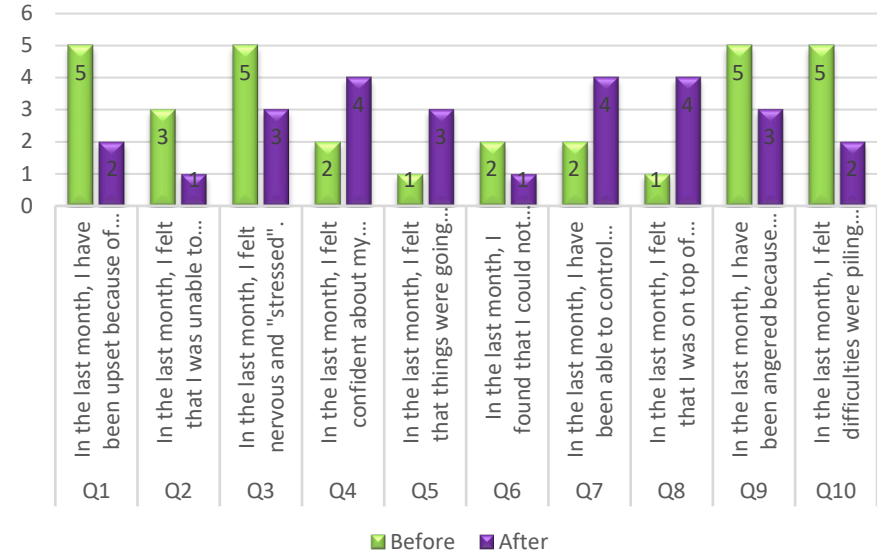
Participant 2



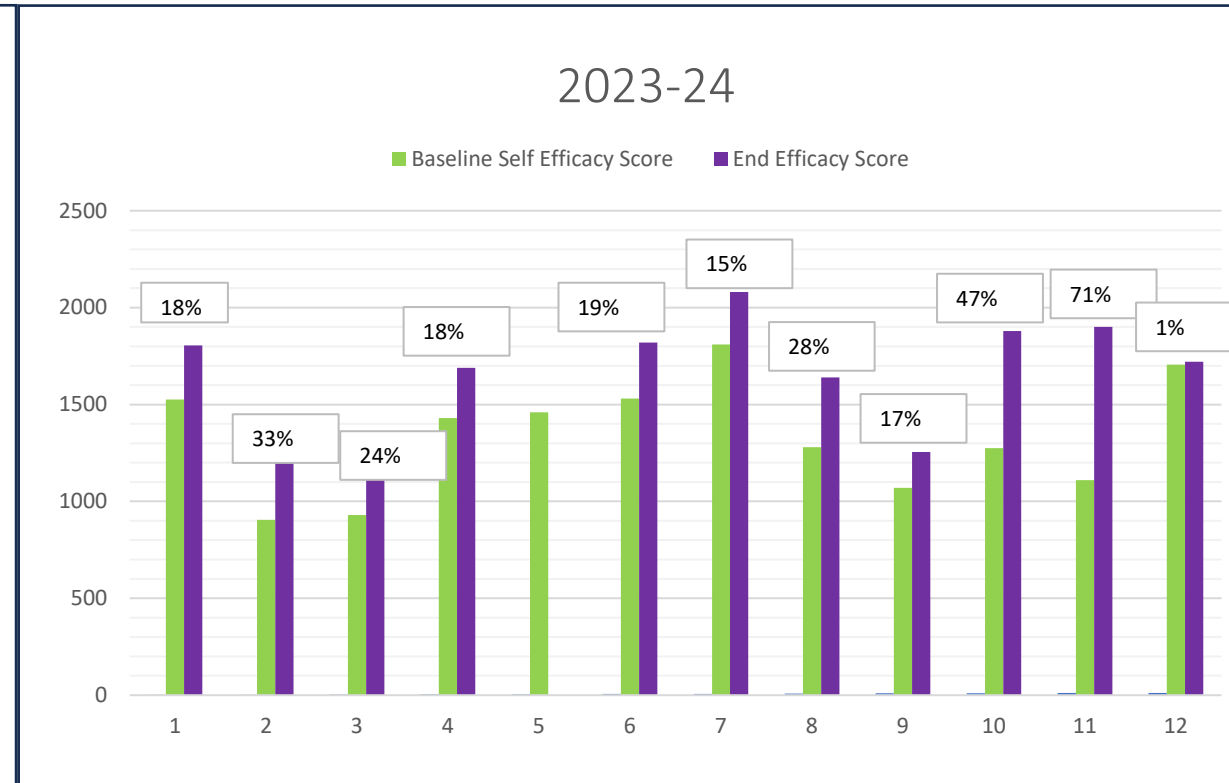
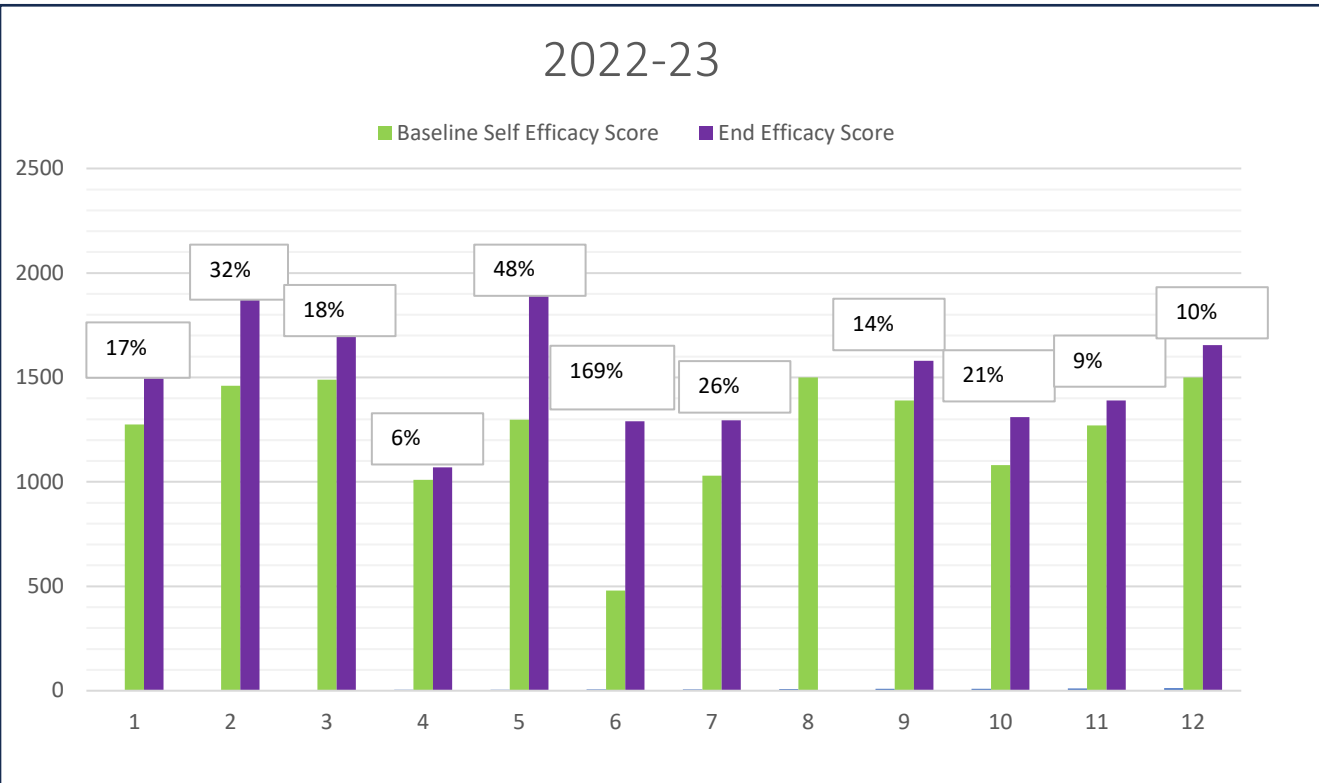
Participant 3



Participant 4

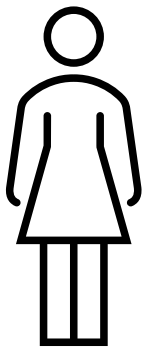


Staff Self-Efficacy Scores



Feedback from resilience session

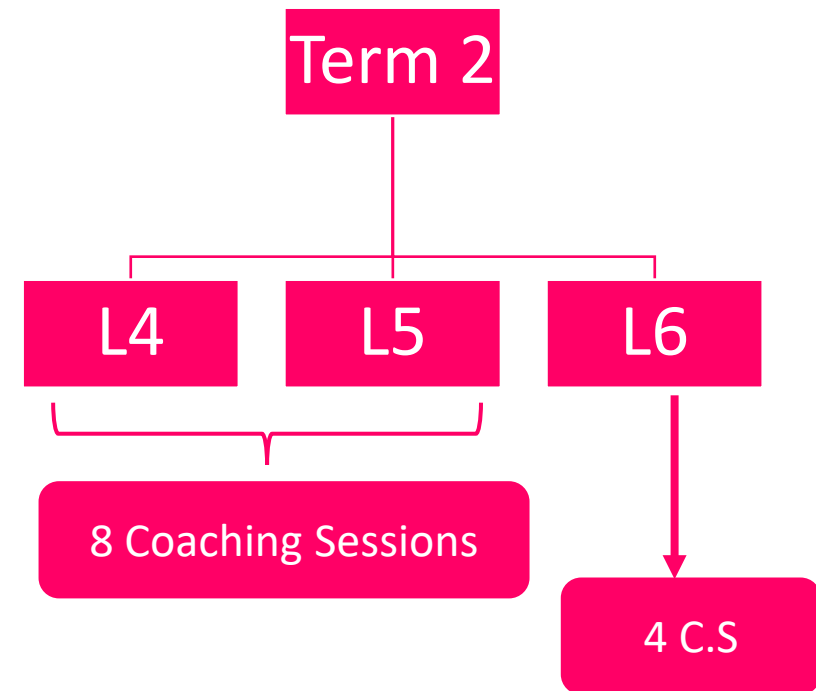
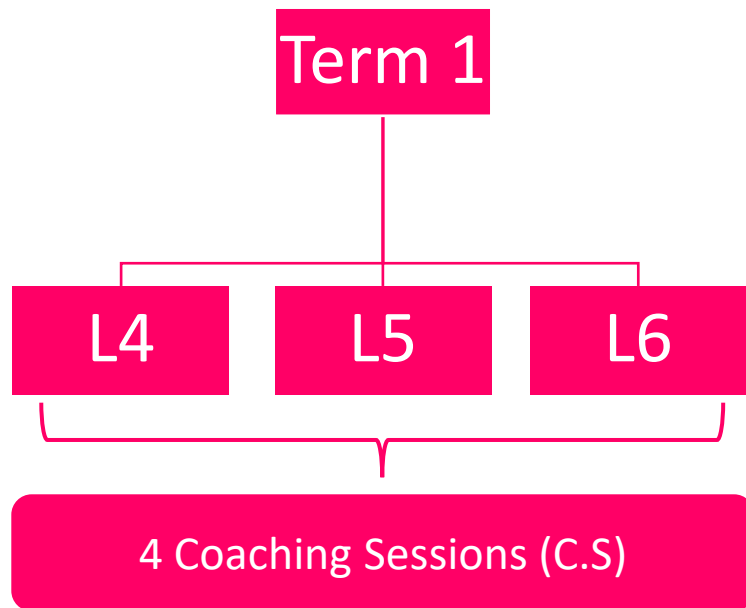
“Each workshop felt as if it was tailor made especially for me and addressed what I was experiencing at the time. They further, provided the clarity, tools, methods, understanding, techniques and all else that I needed to move forward, release, grow and develop.”



“When we confirmed she had been to your tutorial this year, without prompting she highlighted how important the coaching you gave her last year was to her being able to manage things. So I wanted to pass that on to you.”



How do we integrate coaching in the curriculum - Biosciences





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Questions and Feedback.