



Nottingham Trent  
University

# “Resilience Coaching Pilot Study”

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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”.*

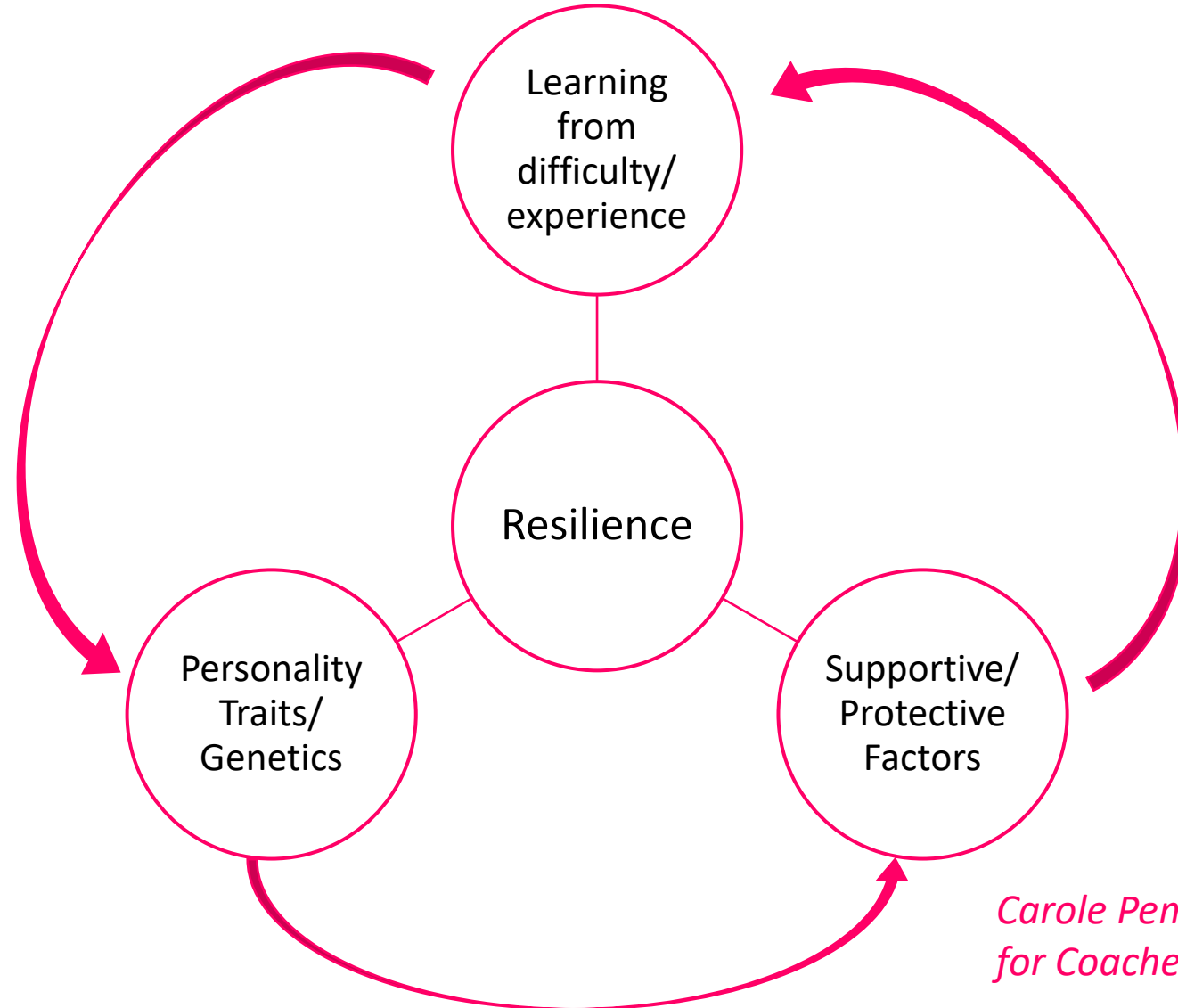
*Coaching is a tool that enables an individual to perform at their best potential with support of a coach. It gives them accountability and ownership for their own life purpose.*



**Bournemouth University & Liverpool John Moore University**

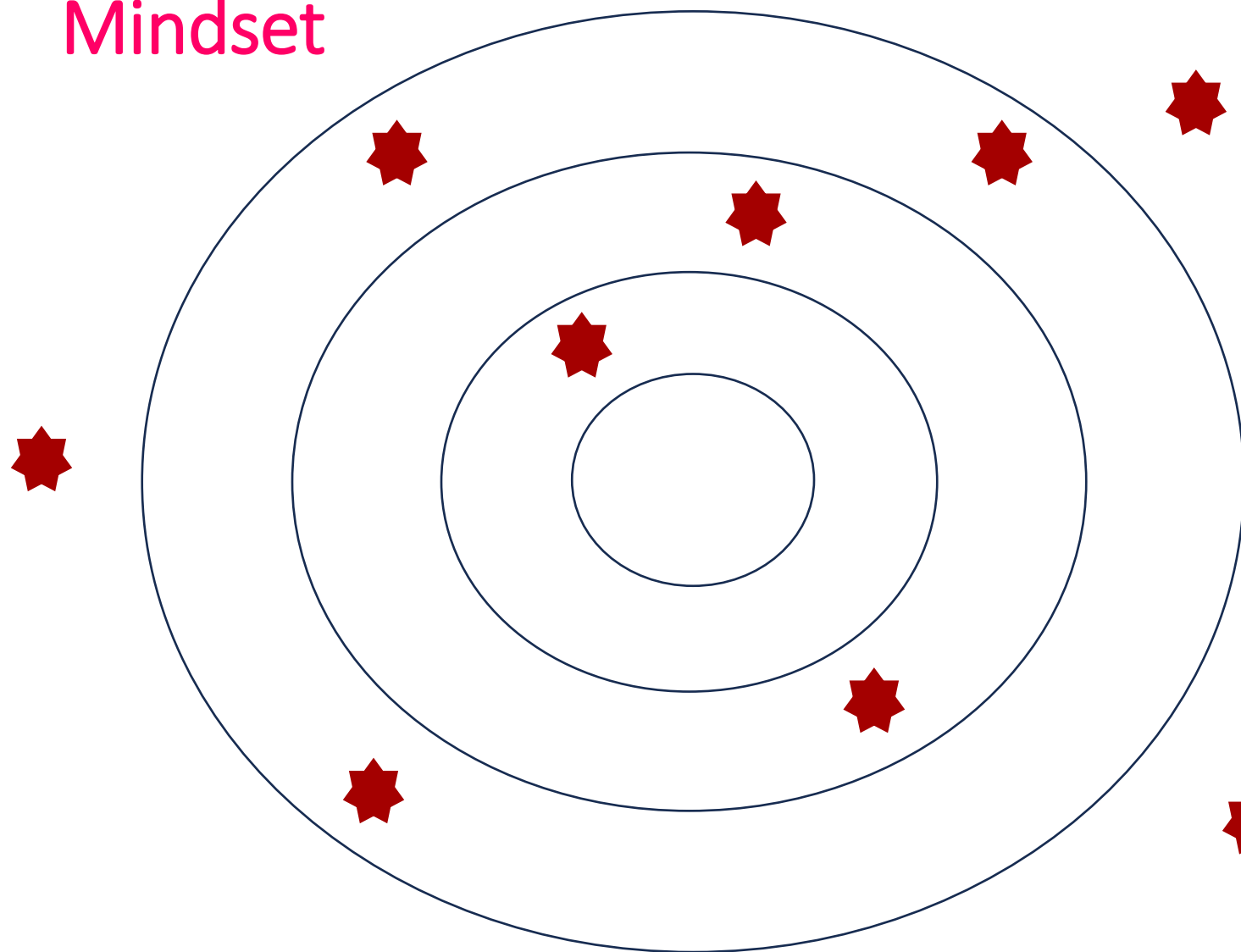
*Liz Brewster et al., (2022) 'Look after the staff and they would look after the students' cultures of wellbeing and mental health in the university setting, Journal of Further and Higher Education, 46:4, 548-560*

# What do we know about resilience?





Beyond the Growth  
Mindset

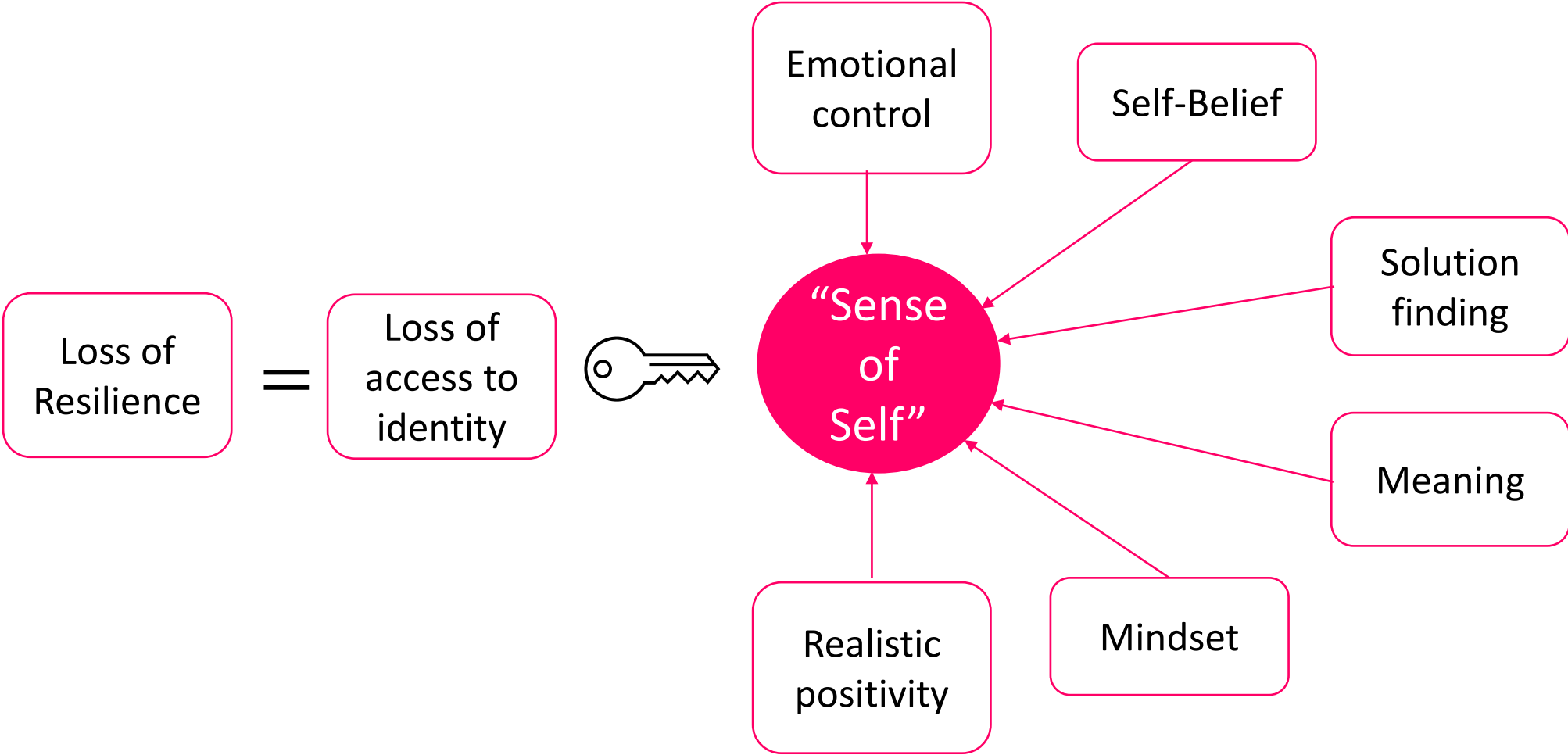


Synergistic Mindset  
Intervention



Growth Mindset +  
EuStress

# What do we know about resilience?



# How do you identify yourself ?

- What is your professional identity?
- What is your personal identity?
- What are any other identities you have?



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# 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**



# Clarity through Contrast exercise

## Contrast

- Choose any one area in your life you would like to change
- Write down 3 things that are troubling you or causing stress to you.
- Write everything you don't like about it

Vs.

## Clarity

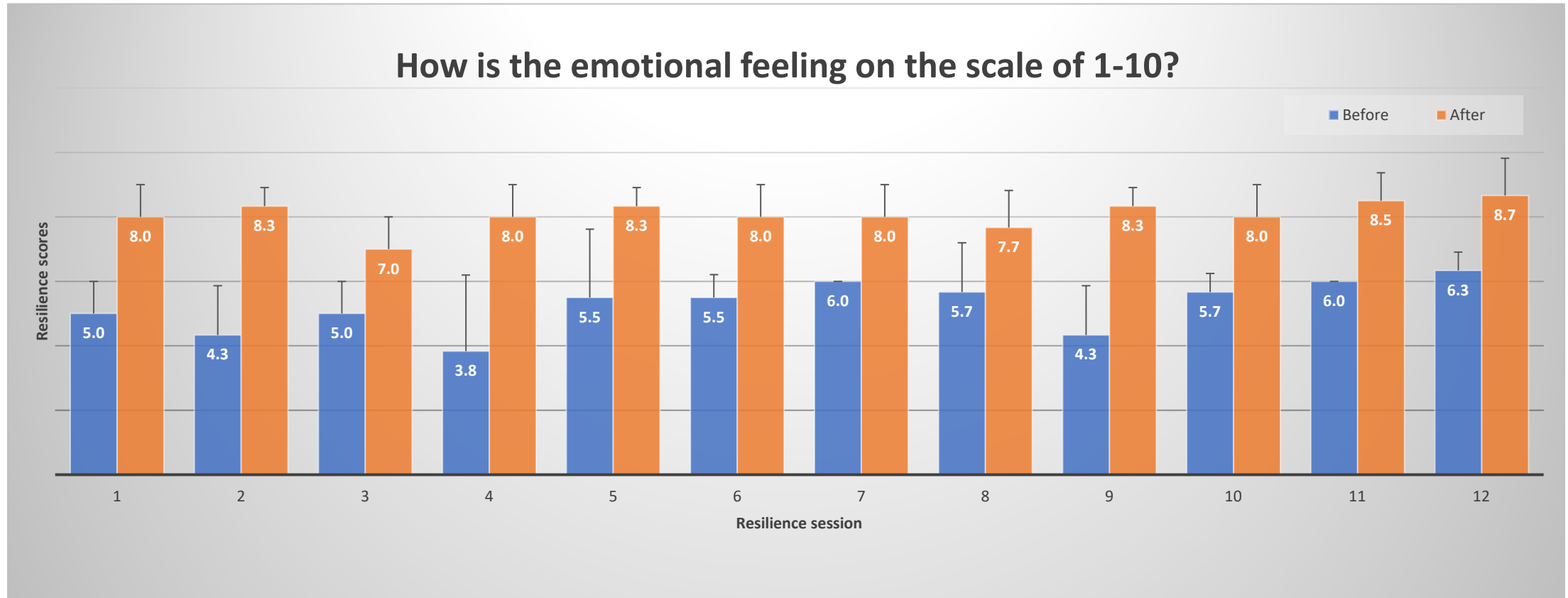
Write down 3 things that you would like to happen instead.

What do I want?



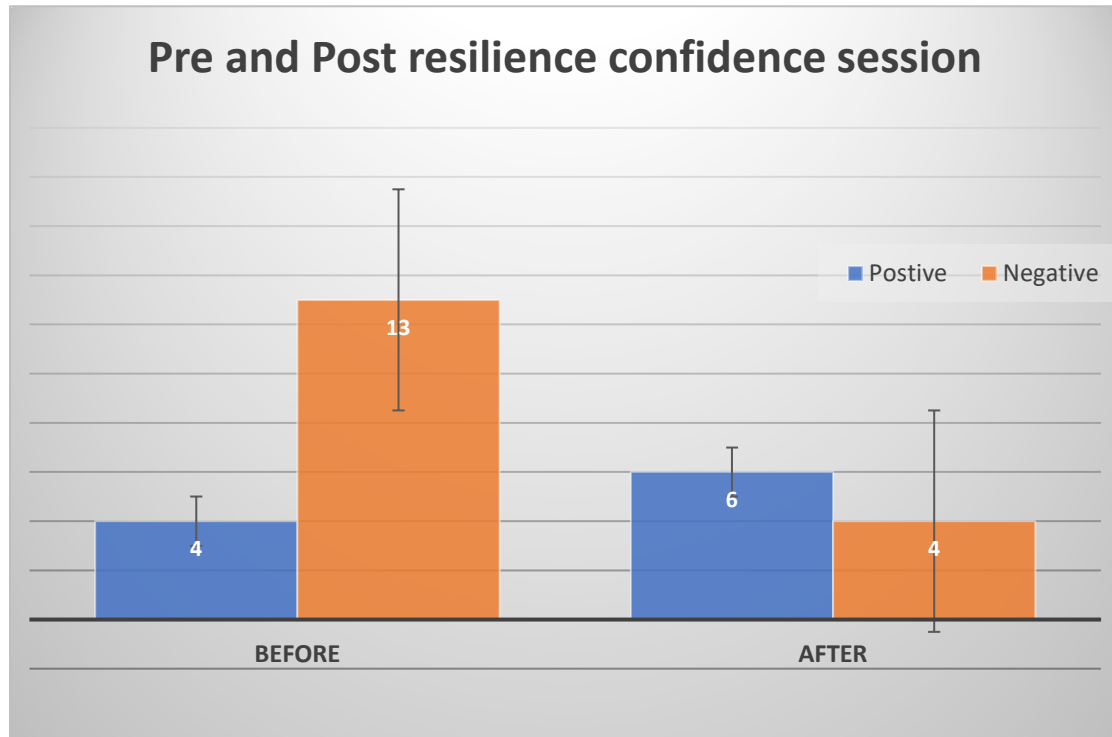
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# Feedback from resilience session

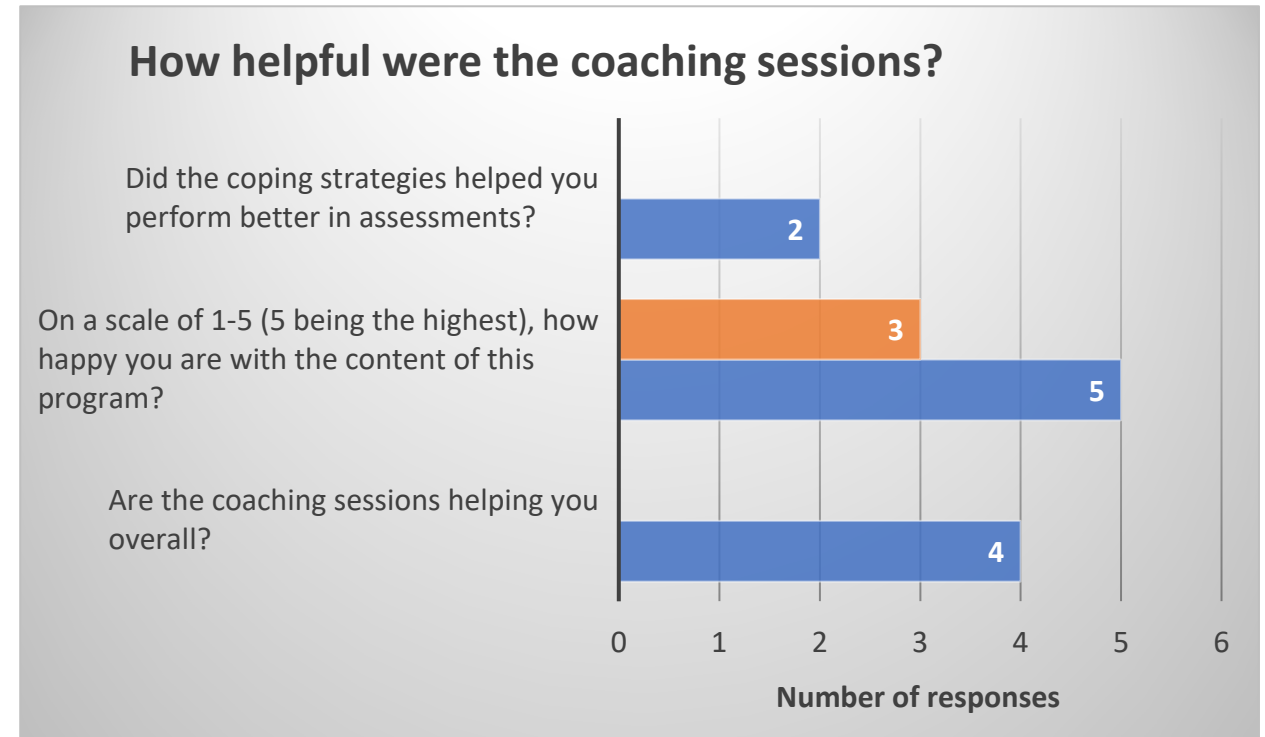


Student ( $n = 6$ , 17% of  $N = 35$ ) Pre & Post Resilience Coaching Results

# Feedback from resilience session

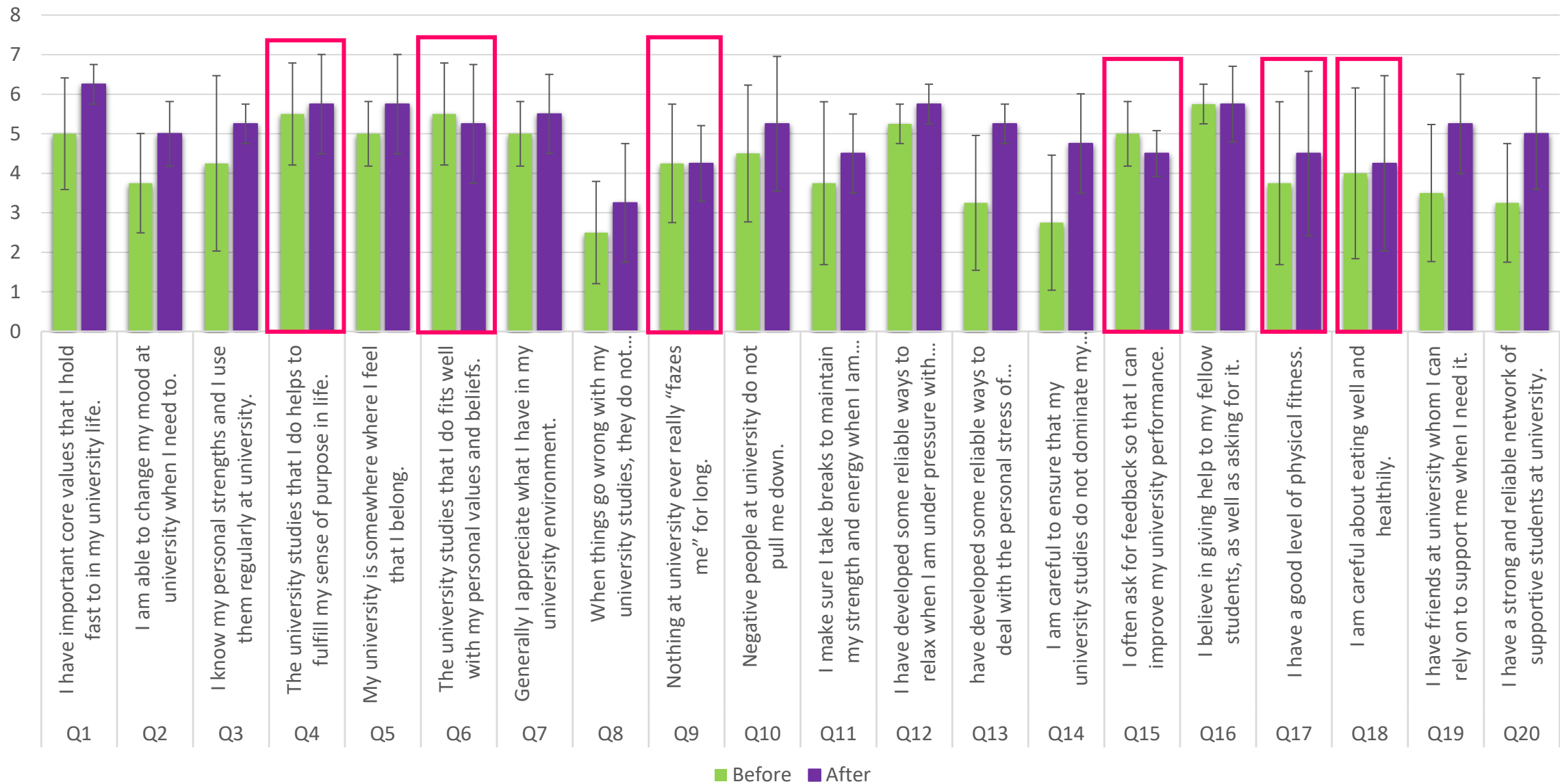


Student ( $n = 17$ , 56% of  $N = 35$ ) Pre & Post Resilience Coaching Results

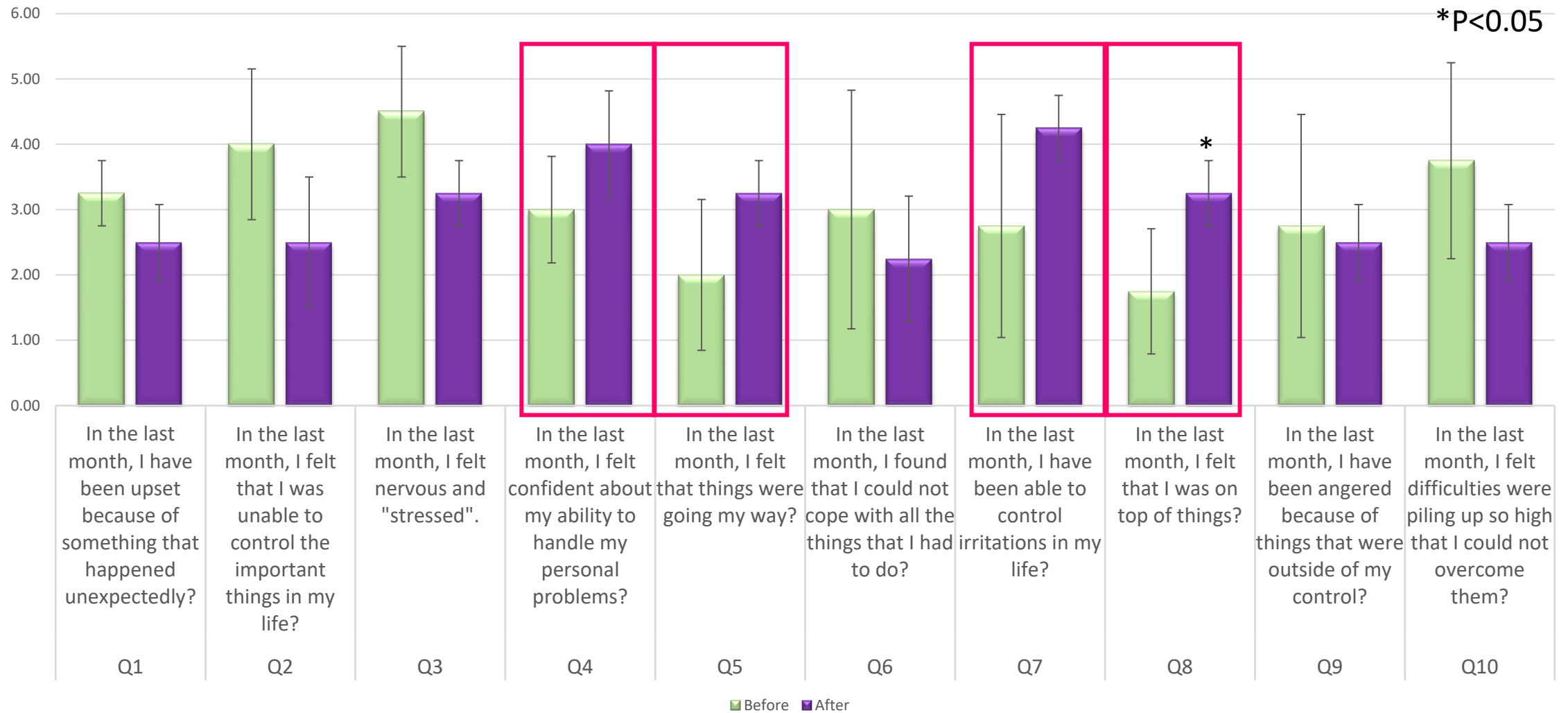


Student ( $n = 2-4$ , 5.7% - 11.4% of  $N = 35$ ) overall coaching sessions

# Resilience at University (RAU) Scale Analysis

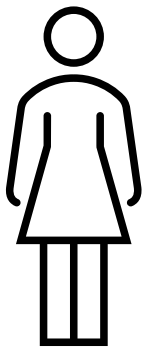


# Perceived stress scale (PSS) Analysis

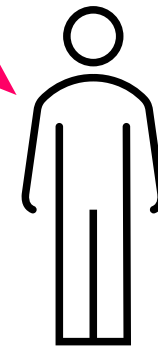


## Feedback from resilience session

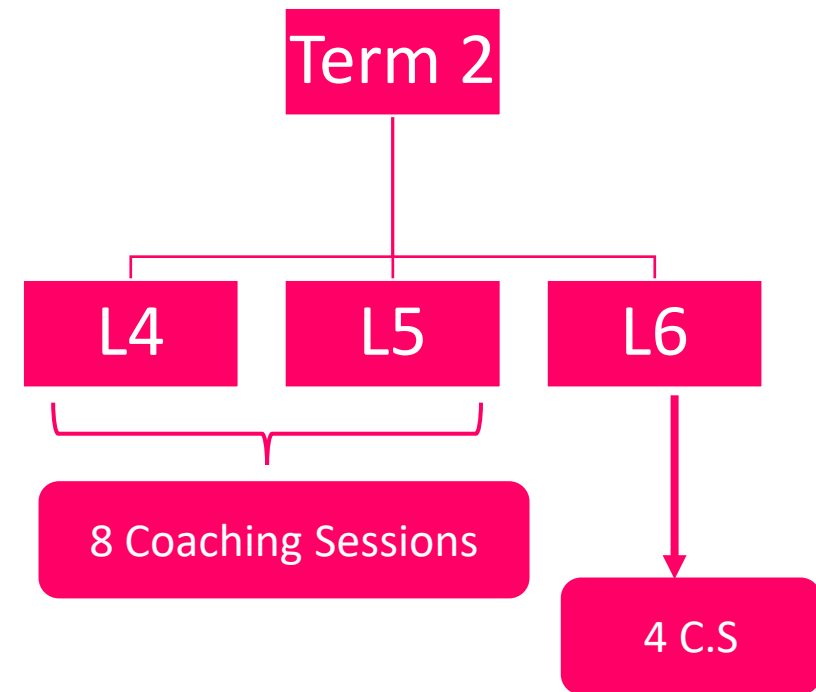
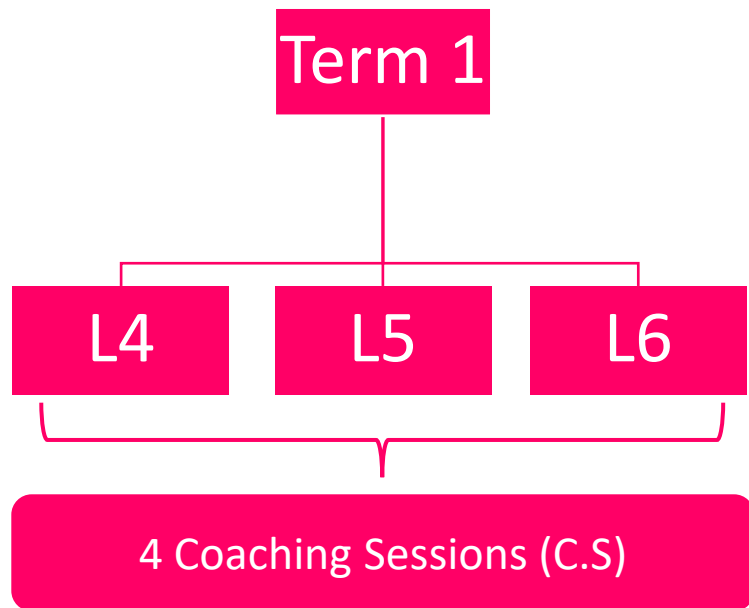
“Each workshop felt as if it was tailor made especially for me and addressed what I was experiencing at the time. They further, provided the clarity, tools, methods, understanding, techniques and all else that I needed to move forward, release, grow and develop.”



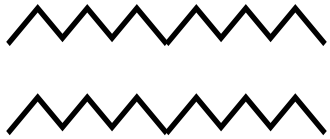
“When we confirmed she had been to your tutorial this year, without prompting she highlighted how important the coaching you gave her last year was to her being able to manage things. So, I wanted to pass that on to you.”



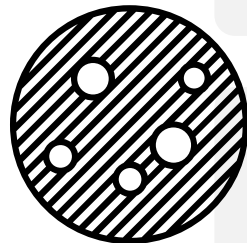
# How do we integrate coaching in the curriculum - Biosciences



# Embedding in Curriculum



## “I Matter”



Resilience Module



Resilience & Wellbeing in “Action”



Built-in assessment – “To create a poster on Resilience and Wellbeing Toolkit for self”



Staff assess the students and students assess the staff and grades will be Pass/Not yet



Feedback is: One tool to take away and One tool to give away from the assessor



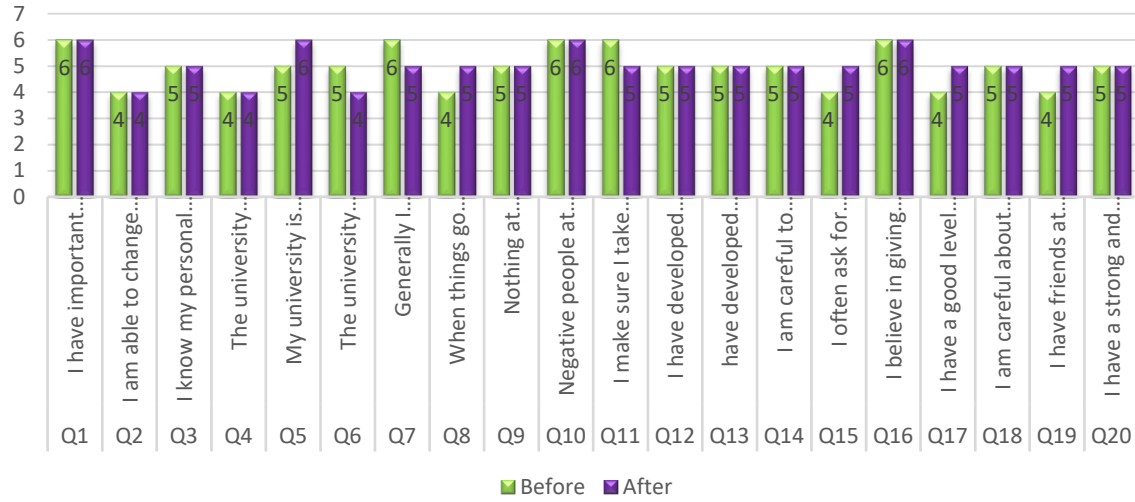


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# Questions and Feedback

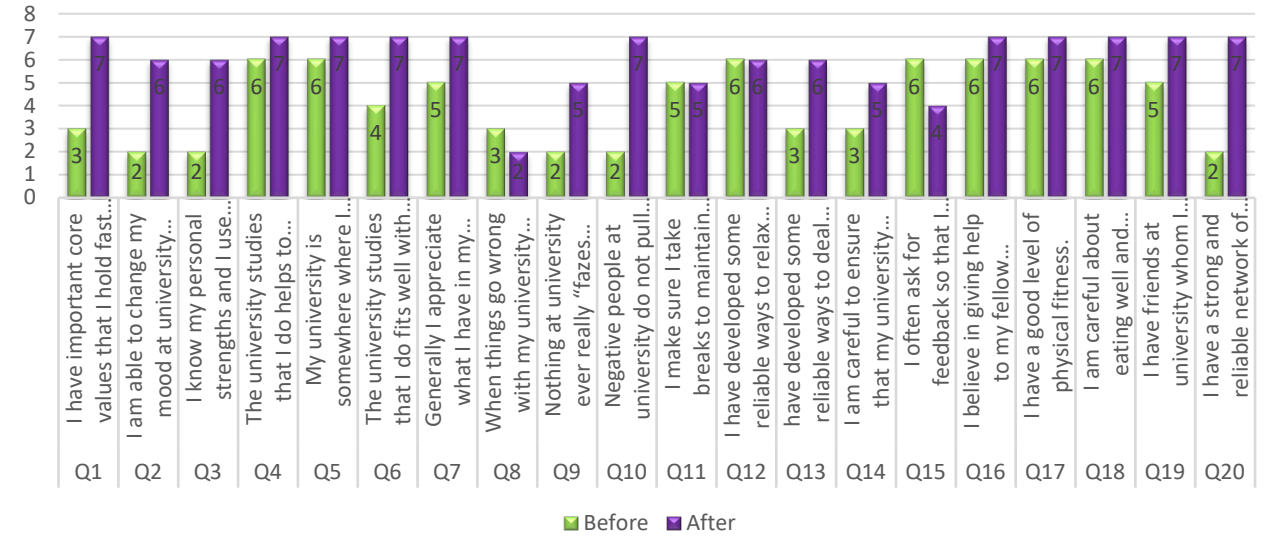
[Ishwinder.kaur@ntu.ac.uk](mailto:Ishwinder.kaur@ntu.ac.uk)

Participant 1

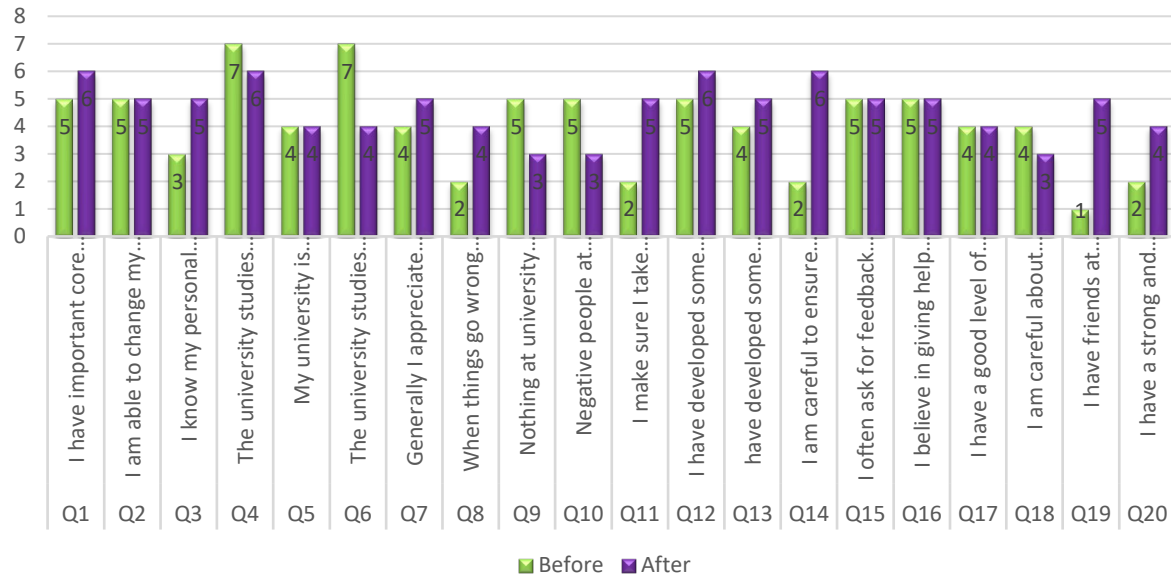


RAU

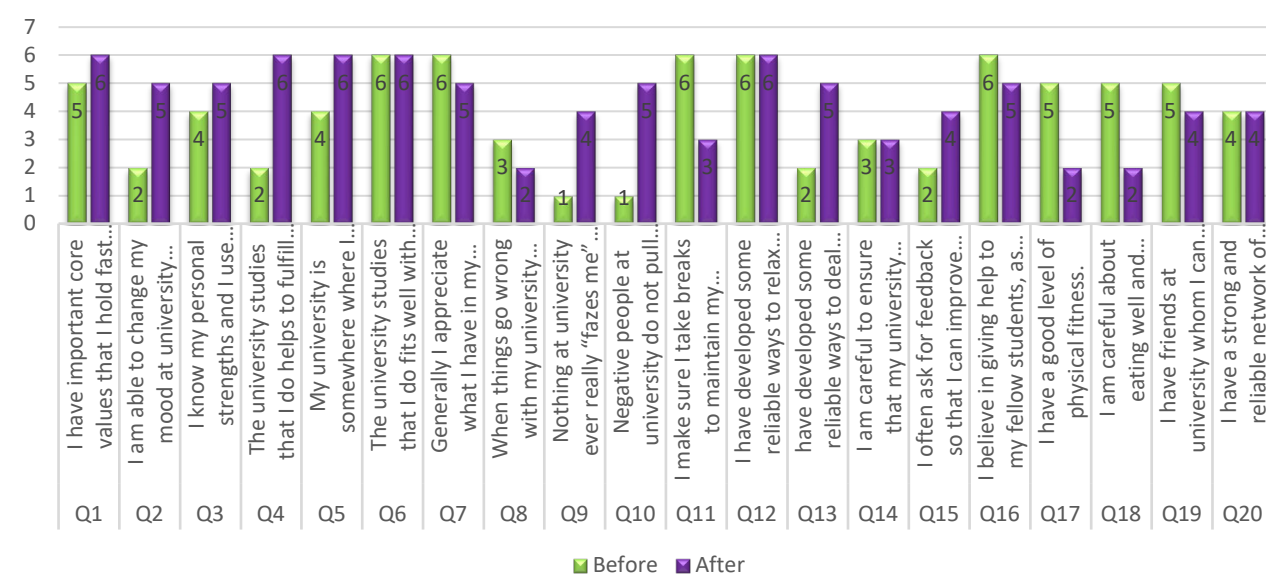
Participant 2



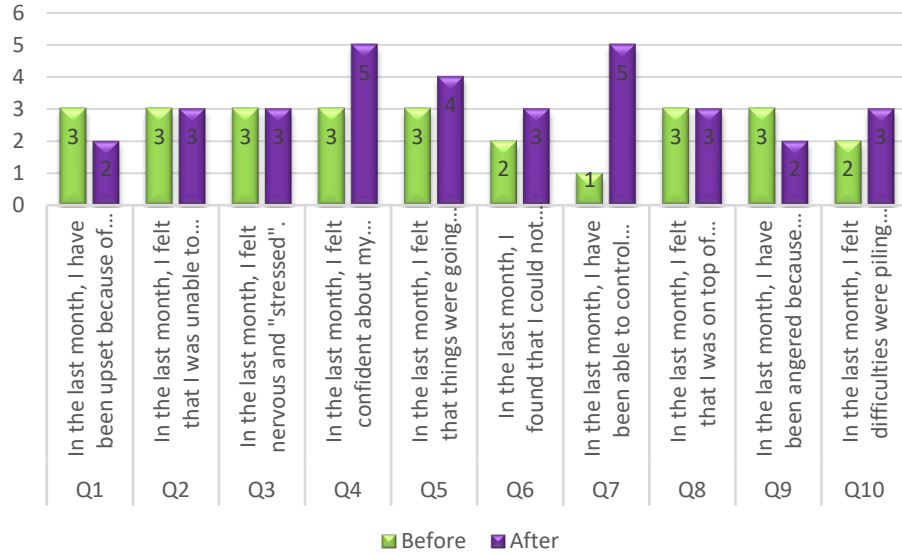
Participant 3



Participant 4

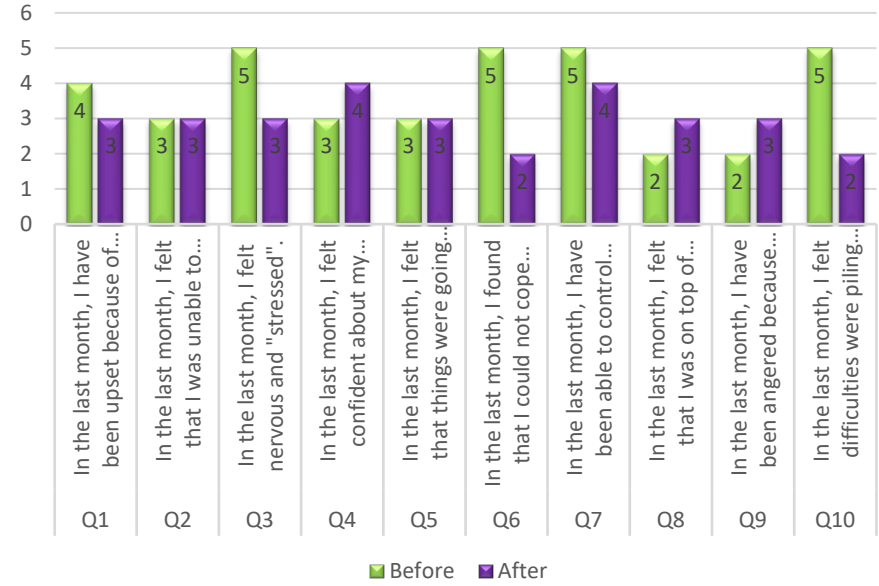


### Participant 1

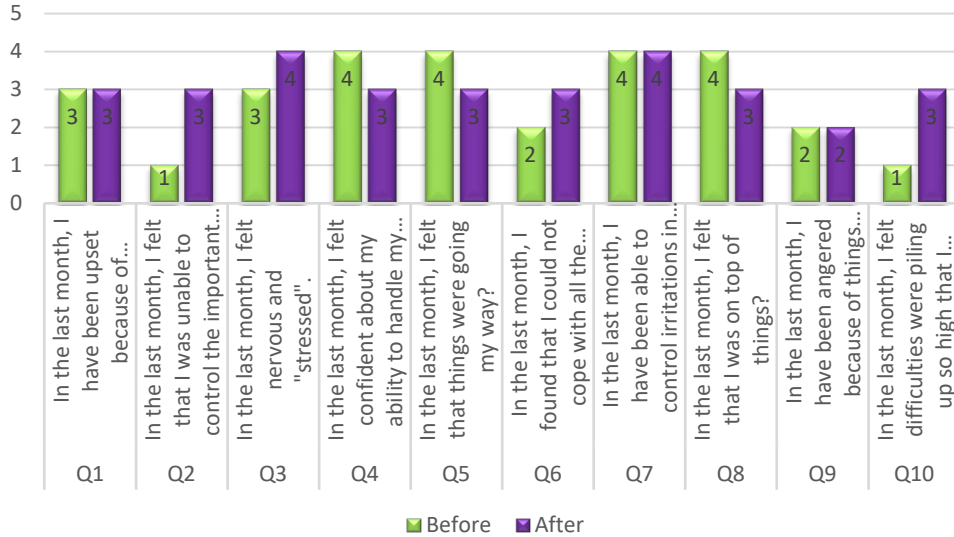


PSS

### Participant 2



### Participant 3



### Participant 4

