



Coaching students in secondary schools

closing the gap between performance and potential

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Contents

This practical, evidence-based guide provides a comprehensive introduction to the coaching of secondary school students. Using a clear, step-by-step structure, the book explores how coaching can help students improve performance, enhance wellbeing, develop skills and achieve goals. The ultimate aim is to help the student become his or her own coach.

Divided into six parts, *Coaching Students in Secondary Schools* explores all of the key aspects of coaching, from basic coaching skills to effective methods of evaluation. Having explained why coaching benefits students, the book shows readers how to adopt a 'coaching approach,' structure a formal session, launch a coaching program and measure its success.

Topics

Coaching

Secondary Schools