Using Life Coaching Skills with Math Students

AMATYC Conference - Milwaukee
Presentation Number: S062
Friday, November 15, 2019
9:10 – 10:00 a.m.
Room: 102DE

Presenters
Dr. Abby Brackins, Anne Arundel Community College
Professor Nancy Chell, Anne Arundel Community College
Dr. Mike Long, Howard Community College
Dr. Amber Rust, Anne Arundel Community College
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What is Life Coaching?
- it is a mindset.
- Being curious and open
- Asking powerful questions
- Listening with your whole body
- Exploring alternative perspectives
- Recognizing inner strength
- Deeping learning from life experiences
- And a whole lot more!

Why include this at college?
- It expands student tool boxes to include coaching skills that are highly valued in most industries right now.
- Provides another way for faculty to communicate with students.
- It makes people
  - more curious,
  - open,
  - less judgmental,
  - better communicators,
  - and more engaged in school and work.

Coaching Program at AACC – started Oct 2016
5 cohorts of AACC personnel, 2 cohorts of Baltimore County teachers, and one cohort of a public open-enrollment class at AACC at local tuition (just started).
- Approximately 140 people have completed the training
- 4 people are now officially certified through ICF with 6 others currently in the application process.
- Practice coaching is built into the courses.
Coaching Program at AACC
- First community college to be certified to offer coach training (not certification)
- Has become part of professional development and culture at AACC
- Offered to all new faculty/staff as a resource
- Incorporated into the programs for students enrolled in the entrepreneurial studies, pre-service teacher degrees, and students who are part of the Student Achievement and Success Program (SASP).
- Math Department has 4 faculty members who have been trained.
- Used to help students overcome math anxiety.

Coaching Programs HCC – Dr. Mike Long

Step UP
HOWARD COMMUNITY COLLEGE

HCC - The Step UP Program
- 15 years ago in response to student voices
- Everyone at the college can be a coach
- Three-hour training by certified coach
- One full time budgeted position with a leadership team
- Serve over 120 students a semester on a voluntary basis

HCC - Benefits for students
- It's all about student success
- One hour per week devoted to student
- Someone to talk to / listen
- Student drives the conversation
- Student gains knowledge of resources
- Student is typically more successful
HCC - Integrating Into Teaching

- Training by Step-Up leaders
- Supporting students in developmental mathematics classes
- Emporium setting where the teaching really is encouraging
- Using appropriate strategies for asking questions
- Supporting and encouraging students in their learning journey

AACC - Sharing Experiences and Thoughts

- Dr. Abby Brackins

HCC - Recruiting

- Participate in college-wide events such as Resource Fair
- Step Up Week
- Targeted classroom visits
- Tabled at academic fairs
- Word-of-Mouth / Student Services
- Developmental courses (mathematics)
- FYEX Classes

Activity - Career Bridge

- Take 5 minutes to complete the Career Bridge (found in your packet)
- Included in the packet is also a Student Bridge and a Life Bridge
- Consider designing a Math or Student Bridge
AACC – Sharing Experiences and Thoughts

- Professor Nancy Chell

In the spirit of coaching, we pose three Powerful Questions for you to consider

- What would be possible if more math faculty were trained as coaches at your institution?

- How could you infuse coaching into your courses?

- How might your students' experiences be transformed?

Thank you for attending!

Go forth and coach!

Please contact any of us for information.
Contact information is in the packet.
Directions: The sections in the Career Bridge represent nine, different aspects of work & career. Seeing the bottom dotted line of the bridge as “1” (the lowest) and the top line as “10” (the highest), rank your level of satisfaction by darkening in the dotted line. Then, connect the lines to illustrate your Career Bridge. How smooth or bumpy is your Career Bridge? What do you notice about it?

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- Time Management
- Communication/Teamwork
- Initiative/Problem Solving
- Innovation
- Accountability/Productivity
- Job Knowledge
- Culture
- Work/Life Blend
- Other:

Engagement Coaching, Anne Arundel Community College
Created by Sue Abuelsamid and Jen Lara, ©2015
Directions: The sections in the Career Bridge represent nine, different aspects of work & career. Seeing the bottom dotted line of the bridge as “1” (the lowest) and the top line as “10” (the highest), rank your level of satisfaction by darkening in the dotted line. Then, connect the lines to illustrate your Career Bridge. How smooth or bumpy is your Career Bridge? What do you notice about it?
Directions: The sections in the Life Bridge represent nine, different aspects of life. Seeing the bottom dotted line of the bridge as “1” (the lowest) and the top line as “10” (the highest), rank your level of satisfaction by darkening in the dotted line. Then, connect the lines to illustrate your Life Bridge. How smooth or bumpy is your Life Bridge? What do you notice about it?
Directions: The sections in the Life Bridge: Student Edition represent nine different aspects of student life. Seeing the bottom dotted line of the bridge as “1” (the lowest) and the top line as “10” (the highest), rank your level of satisfaction by darkening in the dotted line. Then, connect the lines to illustrate your Life Bridge. How smooth or bumpy is your Life Bridge? What do you notice about it?

<table>
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<th>Study Habits</th>
<th>Time Management</th>
<th>Peer Relationships</th>
<th>Professor Relationships</th>
<th>Extracurricular Involvement</th>
<th>Emotional/Wellbeing</th>
<th>Money/Finance</th>
<th>Family</th>
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Engagement Coaching, Anne Arundel Community College
Created by Sue Abuelsamid and Jen Lara, ©2015
ENGAGEMENT COACHING MODEL

Engage

Can we find our voices?

Be present

Expand

Designed relationships

Curiosity

Experience

Engage our best selves

From Engagement Coach Training, AACC, 2016. Created by Sue Abuelsamid and Jen Lara
<table>
<thead>
<tr>
<th>Name of Skill</th>
<th>Description of Skill</th>
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<tbody>
<tr>
<td>Accountability</td>
<td>Having the clients account for their commitments and intended actions, completely free of blame or judgments.</td>
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<tr>
<td>Acknowledge and Champion</td>
<td>Noticing transformation and stating what the coach sees in the client's actions or way of being.</td>
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<tr>
<td>Articulate</td>
<td>Verbalize what you see, hear, and sense from the client. aka: AWGO</td>
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<tr>
<td>Asking Permission</td>
<td>Enables the client to grant the coaching relationship access to sensitive areas of focus.</td>
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<tr>
<td>Awareness of resonance</td>
<td>Noticing the impact of a powerful question and acting on it.</td>
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<tr>
<td>Awareness of space</td>
<td>Noticing what is present in the space. For example, aliveness, heaviness, or emotional climate.</td>
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<tr>
<td>Being here</td>
<td>Being aware of and working with whatever arises in the moment.</td>
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<tr>
<td>Bottom Lining</td>
<td>Asking the client to get to the essence of what they want to convey.</td>
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<tr>
<td>Coach the client</td>
<td>Coach the client, not the story or problem.</td>
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<tr>
<td>Designing Relationships</td>
<td>Intentionally creating an alliance that will allow each person to express what they need in a relationship in order to show up as their expanding whole selves.</td>
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<tr>
<td>Embodiment</td>
<td>Asking the client to engage their physical body and/or physical movement to deepen the coaching.</td>
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<tr>
<td>Geography</td>
<td>An awareness of the impact of the physical space and how shifting geography can bring about shifts in energy and perspective.</td>
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<td>Identify Values</td>
<td>Using deeper listening to read between the lines and identify and name the values that are most important to the client.</td>
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<tr>
<td>Inquiry</td>
<td>A powerful question meant to be explored over time, with the goal of deepening learning and encouraging further exploration.</td>
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<td>Intrude</td>
<td>Interrupting with the goal of awakening the client, keeping them on track, or getting to the real essence of what they are trying to convey.</td>
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<tr>
<td>Intuition</td>
<td>Reading your own feelings and sensations in order to determine what is happening for the client and what is present in the space that is not being said.</td>
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<tr>
<td>Listening</td>
<td>Hearing not only what is being said, but what is not being said.</td>
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<tr>
<td>Metaphor</td>
<td>Creating an image that can help to illustrate a point and paint a picture.</td>
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<tr>
<td>Meta-view</td>
<td>The big picture or expanded perspective.</td>
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<tr>
<td>Mirroring</td>
<td>Reflecting back both the words and physical actions of the client.</td>
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<tr>
<td>Non-attachment</td>
<td>Being in a place of having no agenda, and no expectation of where the coaching will go, what will be resonant for the client, and what action they decide to commit to taking.</td>
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<tr>
<td>Powerful Questions</td>
<td>An open ended, curious question that evokes deep thought, clarity, or insight.</td>
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<tr>
<td>Radical Action</td>
<td>An action that takes the client's breath away and moves them toward their goals.</td>
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<tr>
<td>Range</td>
<td>Learning into different parts of your personality as a coach in order to help the client access different parts of themselves.</td>
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<tr>
<td>Reframing</td>
<td>Providing the client with a different perspective.</td>
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<tr>
<td>Requesting</td>
<td>A specific ask of the client to perform an action that will further the learning.</td>
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<tr>
<td>Saboteur Wrangling</td>
<td>Acknowledging or being aware of the presence of a saboteur and &quot;naming it to tame it.&quot;</td>
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<tr>
<td>Sage summoning</td>
<td>Identifying a helpful sage or internal guide to support the client.</td>
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<tr>
<td>Self-management</td>
<td>Awareness of impact and course correcting as needed.</td>
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<tr>
<td>Stake</td>
<td>Your compelling reason to take action. It is the &quot;why&quot; and the reason for daring to take action AND it is the grounding force that allows you to lay it all on the line.&quot; Stake provides context, and context points to the action.</td>
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<tr>
<td>Structures</td>
<td>Systems that serve as reminders and ways to keep goals and commitments in the forefront.</td>
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<tr>
<td>Stay</td>
<td>Being with whatever comes up, not stepping over or around emotion or resistance.</td>
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<tr>
<td>Stretching</td>
<td>Pushing yourself and the client outside their comfort zone.</td>
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<tr>
<td>Visualization</td>
<td>Imagery that evokes clarity and insights.</td>
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Some Powerful Questions

1. Tell me more...
2. What else is here?
3. If this were a landscape what would it look like?
4. If your life were a book, what's the name of this chapter?
5. What does this look like in 5 years?
6. What about this is familiar?
7. What about this reminds you of a pattern you've seen before?
8. What values are you honoring?
9. What values are you ignoring?
10. What does this look like in action?
11. How will you know?
12. What is important to you? 48. What action would take your breath away?
13. What do you truly want?
14. What's that like?
15. What are you learning?
16. What do you notice?
17. What will you do? How will you be?
18. What's next?
19. How do you want to feel when...?
20. What possibilities do you see?
21. What will help you reach your goal?
22. What obstacles will you overcome?
23. How will you celebrate?
24. How will it feel to reach your goal?
25. What emotions are coming up?
26. What question are you hoping I won't ask right now?
27. What about this is exciting or thrilling? What about this is scary?
28. What are you aware of in your body right now?
29. When you describe your (anger) what are your physical sensations?
30. What are the physical cues that let you know you are at peace?
31. Who do you have to be to reach your goal?
32. What's the main message or bottom line here?
33. What's true for you?
34. For a few weeks we have been talking about ___ but you haven't done anything, what's up?
35. What would it be to hold this lightly?
36. How would a 7 year old describe it?
37. What if it were impossible for you to be serious about this? How would you look at it then?
38. What do you notice when you hear yourself say that?
39. What's happening now?
40. What have you tried before that worked?
41. What have you never tried that might work?
42. What wisdom do you have to offer yourself?
43. What does this remind you of?
44. What pattern are you falling into?
45. What pattern are you trying to break?
46. How would you like it to be different this time?
47. How are you contributing to this situation?
Bibliography and Resource List
Engagement Coach Training Program
Anne Arundel Community College

Consider these books and resources to support your expanding coaching skills:

- Coaching Habit by Micheal Stanier
- Co-active Coaching by Henry Kimsey-House and Karen Kimsey-House
- Creating Transformational Metaphors by Marilyn Atkinson
- Daring Greatly by Brene Brown
- Designing Your Life: How to Build a Well Lived, Joyful Life by Bill Burnett and Dave Evans
- Fierce Conversations by Susan Scott
- Fifth Discipline by Peter Senge
- How to Live the Good Life by Jonathon Fields
- How Will You Measure Your Life? by Clayton M. Christensen
- Institute of Coaching, Harvard Medical School Affiliate website, http://www.instituteofcoaching.org/
- Integration by Ann Betz
- International Coach Federation website www.coachfederation.org
- Let Your Life Speak by Parker Palmer
- Mindset by Dr. Carol Dweck
- Motivational Interviewing by William R. Miller
- Option B by Adam Grant and Sheryl Sandberg
- Positive Intelligence by Shirzad Chamine
- Radical Forgiveness by Colin Tipping
- Rising Strong by Brene Brown
- Synchronicity by Joseph Jaworski
- TED Talk: Brene Brown on shame and vulnerability
- TED Talk: Kathryn Schulz on being wrong
- That’s a Really Good Question by Sue Abuelsamid
- The Anatomy of Peace by The Arbinger Institute
- The Crossroads of Should and Must by Elle Luna
- The Dream Manager by Matthew Kelly
- The Four Agreements by Don Miguel Ruiz
- The Gifts of Imperfection by Brene Brown
- The Obstacle is the Way by Ryan Holiday
- The Power of Habits by Charles Duhigg
- The Trusted Advisor by David H. Maister
- The Virtues Project www.virtuesproject.com
- Tribal Leadership by Dave Logan and John King

New addition – Podcasts at AACC on coaching: https://www.aacc.edu/newsroom/redefine-u/
(Currently, there are 5 podcasts to date!)
## Contact Information

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<th>Name</th>
<th>Institution</th>
<th>City, State</th>
<th>Contact Information</th>
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<tr>
<td><strong>Dr. Abby Brackins</strong></td>
<td>Anne Arundel Community College</td>
<td>Arnold, MD</td>
<td><a href="mailto:ambrackins@aacc.edu">ambrackins@aacc.edu</a> 410-777-2559</td>
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<tr>
<td><strong>Professor Nancy Chell</strong></td>
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<td><a href="mailto:nlchell@aacc.edu">nlchell@aacc.edu</a> 410-777-2030</td>
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<tr>
<td><strong>Dr. Mike Long</strong></td>
<td>Howard Community College</td>
<td>Columbia, MD</td>
<td><a href="mailto:mlong@howardcc.edu">mlong@howardcc.edu</a> 443-518-4106</td>
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<tr>
<td><strong>Dr. Amber Rust</strong></td>
<td>Anne Arundel Community College</td>
<td>Arnold, MD</td>
<td><a href="mailto:arust1@aacc.edu">arust1@aacc.edu</a> 410-777-2029</td>
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*There is so much more to coaching than we can share with you in 50 minutes. We welcome your questions, thoughts, and comments, even after the conference!*