

# Positive Education meets Coaching



*Improving the quality of your conversations*



**growth  
coaching  
international**



**GEE LONG GRAMMAR SCHOOL®**  
EXCEPTIONAL EDUCATION

**INSTITUTE OF  
POSITIVE  
EDUCATION**

Sue Wong – [Swong@ggs.vic.edu.au](mailto:Swong@ggs.vic.edu.au)

Emma Grave – [emmag@ggs.vic.edu.au](mailto:emmag@ggs.vic.edu.au)

Geelong Grammar School celebrates 10 years of Positive Education in 2019, and together with an emerging culture of Coaching in the school, this Pilot Program in Garnett House brings together best practice in an aim to improve student academic and wellbeing goal setting.

## Garnett Pilot Program

- Term 1, 2019
- Facilitated by Sue Wong, Emma Grave, Mary-Anne Lewis and Lucy Carroll
- 55 students, 7 members of the Garnett Staff
- Session 1: Speed Coaching + Role Play
- Session 2: Collective Feedback + Solutions-Focus Model
- Session 3: Collective Feedback + Scaling and Counters
- Session 4: Student Feedback + Future Perfect

Ongoing question for staff to consider:

*What are you noticing about the quality of your conversations?*



## Six Solutions Tools

Platform: What's the project?

Future Perfect

Scale



Small actions

Affirm: spot useful  
qualities and skills

Counters: Finding what's working

## Speed Coaching Script:

- 1) Where are you?
- 2) Where would you like to be?
- 3) What have you done before?
- 4) What can you do now?
- 5) I'm impressed with...

# Positive Affirmations from Tutors and Girls



## From the Tutors

- *I found the conversations to be much deeper. The students were more thoughtful, and I really found things to be impressed with about them.*
- *I found I was listening better instead of anticipating where the conversation was going. I didn't feel the need to jump in with the solution.*
- *Moving the conversation from the 'why' to the 'how' is helpful (coaching zone). Asking 'where do you want to be?' really helps.*
- *By the end of our conversation I felt quite emotional as I was able to affirm her honesty and her proactive attitude to seeking help.*

## From the Girls

- *Knowing that someone is following up on my progress keeps me motivated*
- *These conversations have led me to address my problems and find a way forward*
- *My most recent conversation with my tutor gave me a huge morale boost*
- *It's so nice to have someone checking in on you*
- *There have been benefits to my decision making across all aspects of my life*
- *Much better than a group setting! I had my tutor's full attention*
- *Honest conversation have me moving to better outcomes*
- *My tutor knows me!*