

Parents & Teachers as coaches

- Crucial Conversations...

Normalise difficulty, discomfort, mistakes...

- Set the expectation that life is there to be enjoyable, to involve learning and fun, but also to sometimes push you out of your comfort zone.
- Ask students: “How many important things (big or small) would have been accomplished in the world if people always stayed in their comfort zone?”
- “Feeling a bit uncomfortable is not a good enough reason not to try something.”

Use questioning over reassurance

- When children feel anxious, they may seek reassurance. But reassurance can be a ‘safety behaviour’ that actually maintains anxiety.
- Instead, prompt them to use their realistic thinking skills. “What happened to everyone else who tried this? What is most likely to happen for you? What is the helpful choice here, do you think?”

Maintain an internal focus

- It is a common human tendency to focus on external reasons for why we can't / shouldn't / didn't do something, or for why something has occurred.
- It builds a child's self-efficacy to draw the conversation back to what they could do differently.
- “I notice you keep talking about what the other kids were doing. I'm interested in what you chose to do. What were your options there? What might you do differently next time?”

Prompt kids to use the HM skills

Realistic / Helpful / Balanced Thinking

- “Is that a realistic (or helpful) view?”
- “How have you handled it in the past when you’ve been in a similar situation? Was that helpful?”
- “Are there any angles to this you haven’t considered yet?”
- “What evidence do you have to support that prediction?”

Prompt kids to use the HM skills

Psychological Muscle

- “So your feelings are telling you not to do this... but what does your thinking brain say?”
- “What is the helpful thing to do here?”
- “If you go with this urge, I’m concerned you might regret it later.”

Prompt kids to use the HM skills

Gratitude

- “Has today’s experience made you think of something you really appreciate but hadn’t necessarily thought of before?”
- “Even though you mentioned some not-so-good things about what you had to do, if you had to list 3 things you’ve gained, what would they be?”

Prompt kids to use the HM skills

Self-Compassion

- “It sounds like you are treating yourself pretty harshly here. How would you treat someone you really cared about if they had made this mistake? What would you say to them?”

Prompt kids to use the HM skills

Having a go / Overcoming perfectionism

- “I get the feeling you gave up pretty quickly here. You know you don’t have to do it perfectly. I just want to see you give your best.”
- “Most people find this difficult. The most important thing is that you try.”