

# Coaching Kids to Success

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**Introduction** – Why add one more hat to my parenting wardrobe?

**Ways to Listen** - Everything in coaching hinges on listening.

**Level 1 – Internal** - *It's all about **me** and **my** experience.*

**Level 2 - Focused** - *I really hear what **you** are saying. I'm totally focused on you.*

**Level 3 – Global** – *I hear what you are saying and notice your body language and emotions as well as what's going on with my intuition and the environment.*

**Ways to Respond** - It's all about curiosity and caring, not judgment.

- Ask curiosity questions to clarify the situation:
  - *What happened?*
  - *How are you feeling about it?*
  - *I'd like to listen for what that means to you.*
  - *What are your choices now?*
  - *How can I help?*
- Brainstorm together for creative possibilities.
- Use your intuition and make a guess. *"My intuition is telling me that there is more to say here. What's really going on?"*
- Celebrate with your child his successes, failures, wins and disappointments to support his process for learning from his own experiences in life. *"So you didn't win today. Maybe the win is that you are learning to deal with disappointment."*

**Ways to Encourage** - Help them know who they are.

- Hold them accountable (no blame or judgment here) by asking:
  - *What are you going to do?*
  - *By when will you do this?*
  - *How will I know?*
- Acknowledge who they are and what it took to get there. *"I want to acknowledge the courage it took to tell me the truth when you had some difficult things to say."*
- Champion them by standing up for them when they doubt their own abilities. Let them know they are capable of much more than they think. *"You can do this. I've seen you tackle new skills before with so much persistence, like when you were learning to bounce a basketball."*
- Make a request for your child to forward some action: *"My request is that the dishes be done by 7."*
- Practice the skill of self-management. This skill refers to the parent's ability to manage her own opinions, judgments, preferences, and beliefs in order to help the child learn and grow from his own experiences. *Let them have their own experience.*

Dina Emser is a Certified Professional Coach, Educational Consultant and author of *Trusting the Fortune Within and Roadmap to Success*. She coaches educators, parents, and business professionals, individually and in groups; and presents workshops and keynotes. Sign up for Dina's monthly e-newsletter on her website: <http://www.dinaemser.com> .



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