



SIOBHAN GOFFEE

YOUTH COACH

QUALIFICATIONS

- EMCC Certified Coach Practitioner
- Certificate in Coaching and Neurodiversity
- Accredited Certificate in Group Coaching & Facilitation
- Accredited Certificate in Youth and Education Coaching
- Accredited Diploma in Transformational Coaching

EDUCATION

- MA Education, 2013
- PGCE History (Secondary), 1996
- BA History, 1993

WHAT IS YOUTH COACHING?

Youth coaching is 1:1 support for young people. Through a mixture of conversation, questioning and short activities with the coach, young people find their own answers, develop practical strategies and set goals to help them move forward in areas such as:

- Understanding themselves and building confidence.
- Managing overwhelm and getting perspective on challenges.
- Regulating stress, emotions and energy.
- Making positive choices and supporting better decision making.
- Building motivation.
- Setting and achieving goals.
- More effectively managing workload.
- Improving organisation.

It is not:

- Treatment for diagnosed mental health conditions or a replacement for therapy/counselling/CBT.
- Specific academic support.

FORMAT

- One to one weekly coaching sessions of 1 hour each over a half term.
- In special circumstances it is possible for coaching sessions to take place remotely via Teams or Zoom.

CONFIDENTIALITY AND SAFEGUARDING

- Coaching is a confidential conversation between the coach and young person, except for in the case of safeguarding where the school's safeguarding team will be informed of any concerns.