

# CHALLENGE YOURSELF



Ready to take action? Small steps adapting your practice to make sure the voices of your participants are heard will impact on their enjoyment and engagement in a session. Here are some child-first coaching resolutions that you might want to try in your next session.

1. Ask your participants what they would like to work on in the practice
2. Use a whiteboard to create a 'Shout-Out' space, asking the children to write down what they think is working well in the session and other in the group are doing well
3. Ask your participants to share ideas of what role you as a coach can play in the session to best support the practice
4. Encourage your participants to share what they would like to achieve in the next session, week and month
5. Challenge your participants to give you three pieces of feedback on how you coach
6. After your next session ask yourself if you have heard from each child. This will help you identify if there is support you need to give to the quieter ones to ensure they have an opportunity to be heard

