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# Student Wellbeing

## *A Real Issue*

26% of young people aged 16 – 24 years will experience a mental health problem in any given 12 month period (ABS, 2008).

14% of primary school students will be affected by a mental health problem.

# Student Wellbeing

## *Our Responsibility*

- National Goals for Schooling
- National Safe Schools Framework
- National Framework for Health Promoting Schools

# Student Wellbeing

## *The 5 Foundations*

1. Social & Emotional Competency
2. Positive Emotions
3. Positive Relationships
4. Engagement through Strengths
5. Sense of Meaning & Purpose

# Student Wellbeing

## *The Benefits*

- **Broader Attention** (Seligman et al, 1999)
- **Engagement & Motivation** (Peterson & Seligman, 2004)
- **Appropriate Behaviour** (Huebner et al, 2004)
- **Improved Academic Outcomes** (Bernard, 2004)
- **Teacher Wellbeing** (McGrath & Noble, 2003)

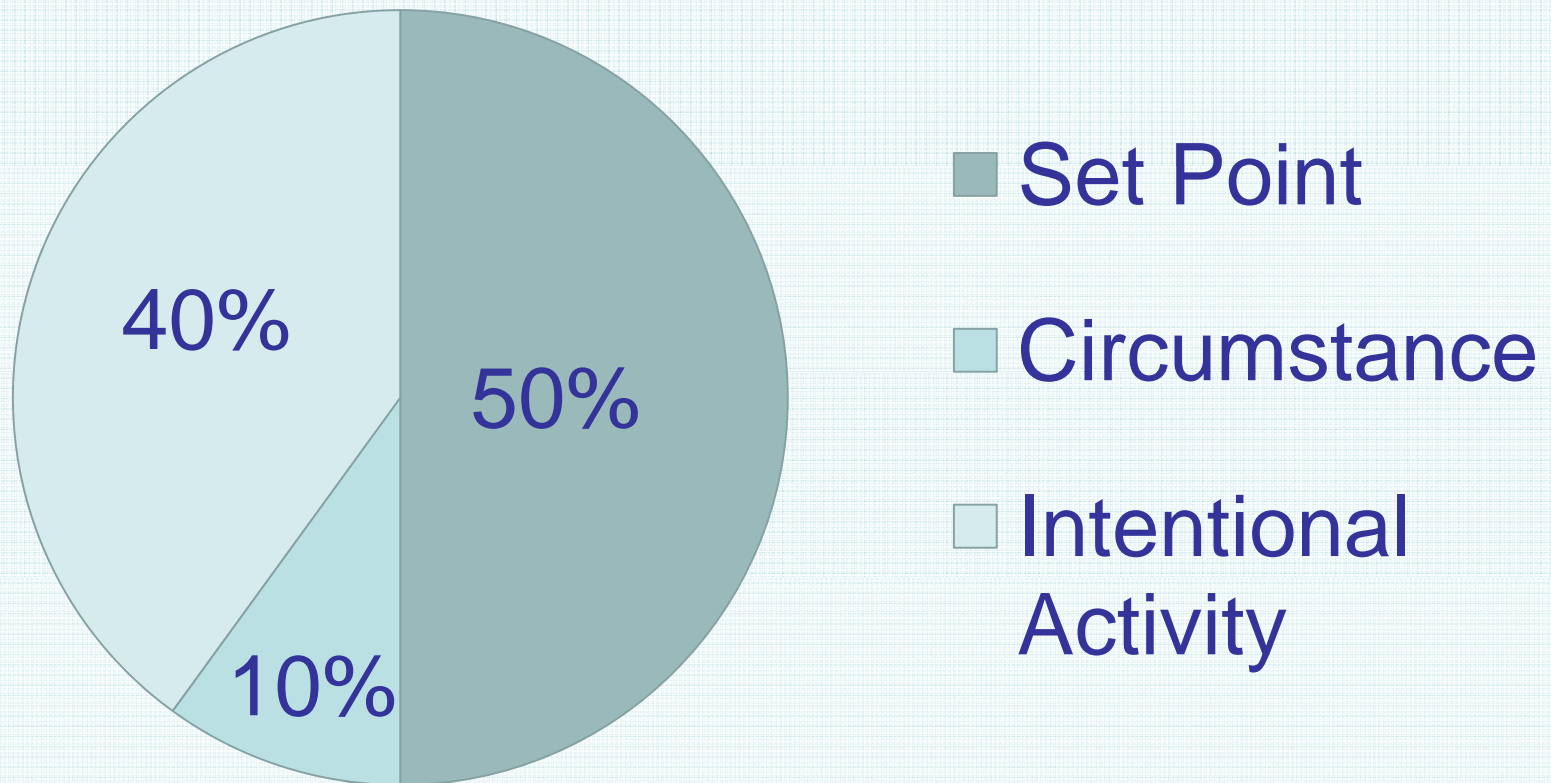
# Coaching Psychology

## *What is it?*

Coaching Psychology is a strengths-based psychology focused on promoting optimal functioning and resilience (Linley & Joseph, 2004).

# Coaching Psychology

*Does it Work?*



# Coaching Psychology

## *Program Results 2009*

2009	Before	After
Hope	<b>84.96%</b>	<b>88.93%</b>
Wellbeing	<b>83.07%</b>	<b>88.93%</b>

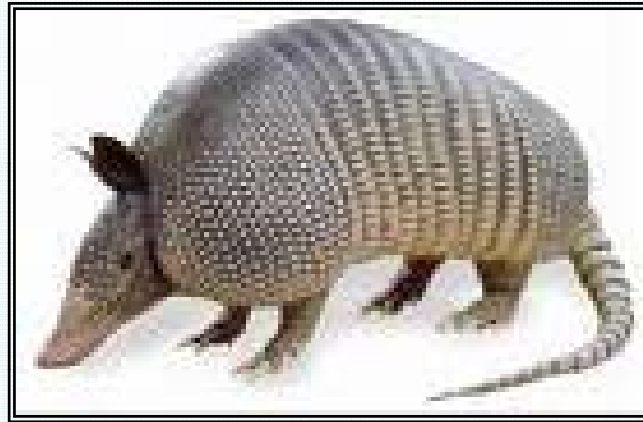
# Coaching Psychology

## *Program Results 2010*

2010	Before	After
Hope	<b>76.5%</b>	<b>85.1%</b>
Wellbeing	<b>74.7%</b>	<b>87.6%</b>
Control <sub>(hope)</sub>	<b>80.5%</b>	<b>77.9%</b>
Control <sub>(wellbeing)</sub>	<b>81.1%</b>	<b>77.5%</b>

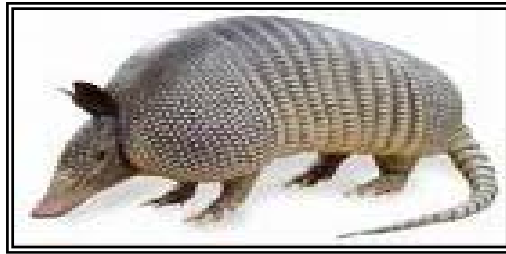
# Operation Armadillo

## *Strengths-based Coaching Program*



- Part 1: Signature Strengths**
- Part 2: Goal setting & Coaching Skills**
- Part 3: Strengths-Coaching in Practice**

# Part 1



## *Signature Strengths*

# Signature Strengths

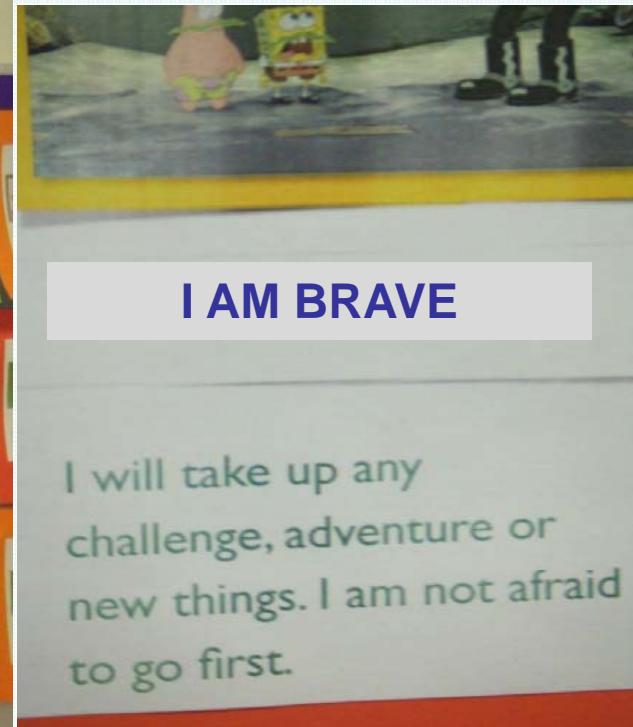
## *Values in Action Survey*



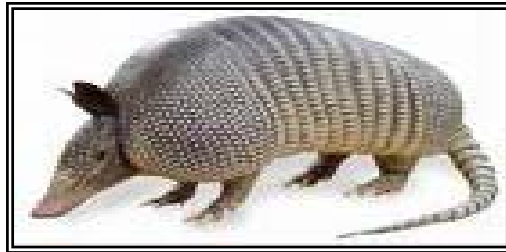
[www.viastrengths.org](http://www.viastrengths.org)

[www.authentic happiness.org](http://www.authentic happiness.org)

# Signature Strength Shields



# Part 2



## Goal setting & Coaching Skills

# How to Set Goals

## *The SMART Criteria*



Specific  
Measurable  
Authentic  
Realistic  
Time-framed



# How to Coach

## *G.R.O.W Model*

G - Goal for discussion

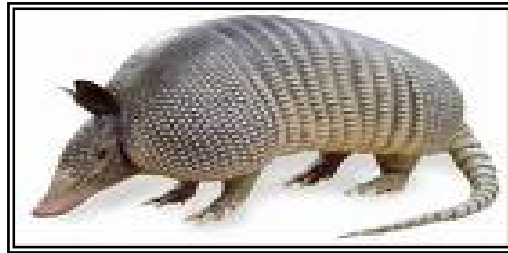
R - Reality of situation

O - Options for change

W - Wrap up and action

Whitmore (1999)

# Part 3



## Strengths-Coaching in Practice

# Strengths-Coaching in Practice

Set a goal



Develop an action plan



Act



Monitor



Evaluate



Success

Change what's not working.  
Do more of what is working.

# Thank you

Wendy Madden

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