

Coaching For Driving Instructors

Course overview

This one day course has a strong focus on the development of practical in-car coaching skills, as well as a theoretical understanding of coaching. Delivered using a coaching approach the course is based on the findings of the EU-HERMES project (2010).

Learning outcomes

The learning outcomes of the course are for the participants to:

- Identify how coaching can be used to deliver the higher levels of the Goals for Driver Education (Hatakka et al 2002) (GDE)
- Understand the difference between coaching and teaching
- Develop practical in-car coaching skills and techniques
- Be able to implement a number of coaching models

Itinerary

09.00 Registration and Coffee

09.30 Identification of the limitation of driver training

10.00 An introduction to the Goals for Driver Education (GDE)

10.30 Break

10.45 The difference between coaching and teaching

12.00 Simple coaching techniques and models

12.45 Lunch

13.15 Designing a coaching session

14.00 Practical coaching exercise

15.00 Break

15.15 Practical coaching exercises

16.00 Next steps, Support and Self-reflective assignment

16.30 Course complete

Course Overview

The course participants are encouraged to identify the limitations of the current learning to drive process and to identify how the GDE matrix can be used to address these limitations. This course has a strong focus on how to develop the pupils own self-evaluation skills using coaching techniques.

Coaching techniques and models

In this element of the course the participants look at a number of coaching techniques including:

- Scaling
- Use and role of questions
- Active listening
- Use of scenarios
- Use of case studies
- Building rapport

The HERMES coaching model and the GROW model (Whitmore 2002) are also explored with the participants being encouraged to plan a driving session based on these approaches. In particular the course places a strong emphasis on how coaching can be used to switch context from a learning context to a 'real world' context and, in so doing, better prepare the learner for post-test driving.

Practical coaching exercise

Short video clips are used to set coaching scenarios, based on these clips the participants are asked to coach each other using the techniques which have been identified earlier in the day.

Self-reflective assignment

The assignment is completed after the course and is returned to us. Based on this we will provide the participant with feedback on how to further develop their coaching techniques. Post-course support is provided by use of a forum where questions can be posted and answered. Or participants can email us direct.