Coaching Program

Designed by practitioners for practitioners

Overview

The Centre's Coaching Program is designed to enhance practitioners' confidence and capability in a safe, reflective learning environment. Grounded in five key principles, our coaching model supports practitioners to deepen their understanding, strengthen their skills, and explore new approaches to embedding theory into practice.

Each session is facilitated by a trusted Practice Leader and offers a structured space for case reflection, skill development, and active learning. Practitioners are encouraged to explore evidence-informed practices, consider cultural and sensitive approaches, and build resilience in navigating complex or challenging situations.

Coaching empowers practitioners to deliver high-quality, client-centred services by:

- Strengthening authentic, empathetic communication
- Supporting meaningful change through reflective practice
- Reinforcing core values and professional identity
- Embedding micro skills and best practice in everyday work

Whether you're looking to refine your approach, build your toolkit, or reconnect with your practice purpose, this program offers a supportive space for growth and professional development.

Learning Outcomes

By the end of the coaching program, participants will be able to:

- Identify and apply a range of **evidence-informed practices** to enhance their work with clients.
- Develop and strengthen **practical skills** for navigating challenging and complex environments with confidence.
- Use **reflective techniques** to support continuous improvement and embed learning into everyday practice.

Delivery and Suitability

Coaching sessions are delivered in a flexible format, typically running for **1.5 to 2 hours each month over a period of 2 to 6 months**. Sessions can be facilitated **online or in-person**, depending on your organisation's needs. Each session is designed to be reflective, practical, and tailored to support individual growth and development.

This program is suitable for a wide range of professionals who work within an integrated system that supports children, young people, and their families.

If you're looking for a safe space to reflect on your practice, embed new skills, and strengthen your professional approach, this coaching program offers the support and structure to help you grow with confidence.

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