

## 10 Effective Actions for Successful Coaching

### Focus Activity

- A topic agreed upon by both older adult and coach
- Come prepared
- Be flexible

### Purpose

- Share your proposed plan
- Is it a match? Do you both agree?

### Input

- Use preferred learning styles
- Identify and find ways to utilise the older adults strengths

### Learn Through Play

- Use well-chosen game apps
- An effective way of learning and building confidence

### Modelling

- Show and tell
- Learner observation
- Repeat the steps, two or three items at a time

### Guided Practice

- Lead the older adult through the steps
- Joint problem solving

### Constantly check understanding

- Be sure the older adult understands the process and the outcome
- Answer questions as they arise

### Independent Practice

- Let the older adult practice and offer assistance if required
- Don't rush
- Look for clues - is the older adult confident and ready to do this?
- Allow them space to practice

### Quick Fixes

- Take control to solve a simple technical issue; this is not an 'instructional moment'
- Essential fixes only

### Closure

- Ensure there is a positive end to the coaching session
- Recap what was learnt (showing or telling)
- Give encouragement on what has been achieved
- Plan for the next session