

Script For Your Peer Coaching Session

PART A:

When you are meeting with your peer, each of you should share:

1. Your first and last names. ****BE SURE TO WRITE THIS DOWN BECAUSE YOU MUST INCLUDE IT IN YOUR WRITE UP.****
2. What are your 5 strongest skills, and what are the 5 skills you most want to improve?
3. Which do you personally find the most challenging: soft skills, technical skills, or tools? Why?
4. Share your thoughts about grit, growth mindset, or both. Do you understand the concept? Do you think you have a growth mindset?
5. Share one thing that you have enjoyed the most about the course so far.

PART B:

Next, while you are meeting with your peer, you get to practice peer coaching. Decide who will be the coachee and coach first.

Then follow this script that uses the G.R.O.W. model:

- Coach: Tell me about a **goal (G)** that you have either for this class, or for your career in the next year or so. Is your goal S.M.A.R.T.? (Specific, Measurable, Achievable, Relevant, and Time-bound?)
- Coachee responds.
- Coach summarizes what s/he heard.
- Coach: What is your current **reality (R)**? Is there a barrier that might block you from achieving your goal?
- Coachee responds.
- Coach summarizes what s/he heard.
- Coach: What are some **options (O)** that you have to minimize or eliminate that barrier, and to make it more likely that you'll achieve your goal? Can you list 3 or 4 options?
- Coachee responds. Coach summarizes what s/he heard.
- Coach: So what is your **way forward (W)**? What will you do? What is your commitment?
- Coachee responds.
- Coach summarizes what s/he heard.
- Coach: Do you have any requests for me of how I might help you meet your commitment?
- (Coach can choose to accept, decline, or counter-offer the request.)

****NOW, switch roles and repeat the process.****

When both people are done, please thank your partner for meeting with you. You can now end the meeting.