

Group Webinar Descriptions

JST Coaching and Training

Coaching Strategies to Support Students on Academic Warning

When students fail to meet minimum GPA requirements, they are often placed on academic warning or probation, triggering mandatory administrative interventions. Higher education professionals working with these students frequently encounter a complex range of challenges, including low self-esteem, lack of motivation, and other barriers to academic success.

In this webinar, participants will explore how holistic coaching strategies can help identify the root causes of these struggles. By applying strengths-based coaching techniques, higher education professionals can guide students toward greater self-awareness, build resilience, and enhance motivation. With the right structure, accountability, and support, students can regain their academic footing and work toward sustained success.

Key takeaways include:

- Explore the impact on students, providers, and institutions.
- Apply coaching strategies such as strength-based coaching, story mapping, and others.
- Uncover opportunities to build trust and safety and identify touchpoints for regular connections.

Discover Coaching Skills to Support Students Through Academic Struggles

It's not uncommon for students to face academic challenges in college, even if they've never struggled before. Fortunately, coaching skills can play a pivotal role in addressing these struggles. Higher education professionals often find themselves pressed for time and may lack the resources to provide in-depth academic support. However, by integrating coaching techniques into their interactions, they can help identify the root causes of a student's difficulties and connect them to the right campus resources for the best support.

In this session, participants will learn how to incorporate coaching strategies such as active listening, coaching with curiosity, acknowledging hard work and successes, and using growth mindset language into student meetings. These approaches empower students to better understand what's hindering their success and help them address academic challenges with greater confidence and independence.

Key takeaways include:

- Understand and apply core life coaching skills in student interactions as they pertain to academic struggles fostering meaningful, solution-oriented conversations.
- Learn about effective learning strategies and common myths in the learning process and how to counter these myths with coaching language.
- Apply coaching techniques for encouraging help-seeking behavior and connecting students to appropriate campus resources.

Enhance Effectiveness with Students through Coaching

Managing communications with students—both in-person and virtually—can be challenging for higher education professionals, especially when students are still developing their ability to self-advocate, take ownership of their decisions, and navigate academic and personal growth in the face of new challenges. Key coaching skills such as asking powerful questions, listening actively, and cultivating trust and safety are essential in supporting students as they navigate the complexities of higher education in today's world.

This webinar will explore how to enhance your effectiveness in working with students by using coaching techniques and appreciative coaching strategies that are easy to integrate into your interactions. These strategies will help increase student motivation, reframe challenges, and build self-confidence.

Key takeaways include:

- Understand how coaching skills in daily interactions can shift student outcomes, increasing self-reliance and self-determination.
- Learn how coaching can support students through cultivating trust and safety, reframing challenges, and instilling confidence.
- Demonstrate key coaching techniques through interactive practice.

From Goal Setting to Success: Coaching for Results

Goal setting is a powerful tool for college students, helping them navigate academic, personal, and career pathways with greater focus, motivation, and direction. This session explores the critical role of goal setting in student achievement, the different types of academic and personal goals students may pursue, and how coaching can guide them toward greater clarity, motivation, and follow-through. Using the GROW model (Goal, Reality, Options, Will), participants will learn how to facilitate meaningful conversations that help students set realistic goals and stay committed to them. The workshop also highlights the importance of motivation in student development and provides practical coaching strategies to foster student ownership, resilience, and long-term success.

Key takeaways include:

- Understand why goal setting matters and explore different types of goals.
- Learn how coaching strategies support the goal setting process.
- Use a GROW coaching model to frame coaching conversations.
- Recognize the challenges that could come up in goal setting with students and how to reframe them for greater impact.

Neurodiversity in Coaching

Understanding and embracing neurodiversity creates an inclusive environment that recognizes, values, and celebrates the unique strengths and talents of all students. By fostering an environment where neurodivergent students feel supported and understood, we can help build their confidence as they navigate the academic landscape. Coaching through a neurodiversity lens provides a safe, empowering space for exploration and personal growth. It involves adapting coaching methods to better meet the needs of neurodivergent students, while also integrating an understanding of how neurodiversity impacts the academic experience.

Key takeaways include:

- Develop a deeper understanding of the various facets of neurodiversity.
- Explore how neurodiversity influences the coaching process.
- Learn effective coaching strategies and support to better assist neurodivergent students.

Supporting Students Through Change

Change is challenging, especially for students transitioning to new academic and personal environments. However, change is also essential for growth and success. In this session, higher education professionals will learn how to effectively facilitate the change process by identifying where students may be "stuck" and applying coaching strategies that foster self-awareness. These strategies will help students adopt new, more effective ways of approaching challenges.

Participants will gain an understanding of core coaching skills and techniques to guide students through change, improve performance, and support ongoing transformation. By incorporating these coaching strategies into everyday interactions, higher education professionals can partner with students to accelerate their growth and empower them to navigate change with confidence.

In this session, participants will:

- Explore why change is hard for students.
- Learn the barriers to change and understand ten tactics to managing student resistance to change.
- Apply change practices to students on your campus.