

# Practice Hour Coaching Tools



Date:  
Thursday 17<sup>th</sup> August 2023

Name of Facilitators:  
Hayley McKenzie & Ben Dancey

# Acknowledgement of Country

Home  
Stretch  
WA



*Ngaala kaaditj Noongar moort  
Keyen kaadak nidja boodja*

We respectfully acknowledge the Whadjuk people of the Noongar Nation as the Traditional Custodians of the land we are presenting from today, and all the countries where people are located. We pay our respects to their strength, cultural resilience and the Elders past and present.

# Housekeeping & Rules of Engagement

## Rules of engagement:

- Safe, secure, confidential space
- De-identify your examples (*including case managers & District offices*)
- Not supervision (*but can be arranged!*)

## Teams Etiquette:

- Cameras on
- Mic on mute
- Raise your hand (*virtually or give us a wave!*)
- One person per camera is best



**Is everyone ok with it being recorded?**

# Who is here today?



**In 1 minute or less**

- What is your name?
- Which agency do you work with?
- What is your role?
- Which country are you tuning in from?

## By the end of this session...

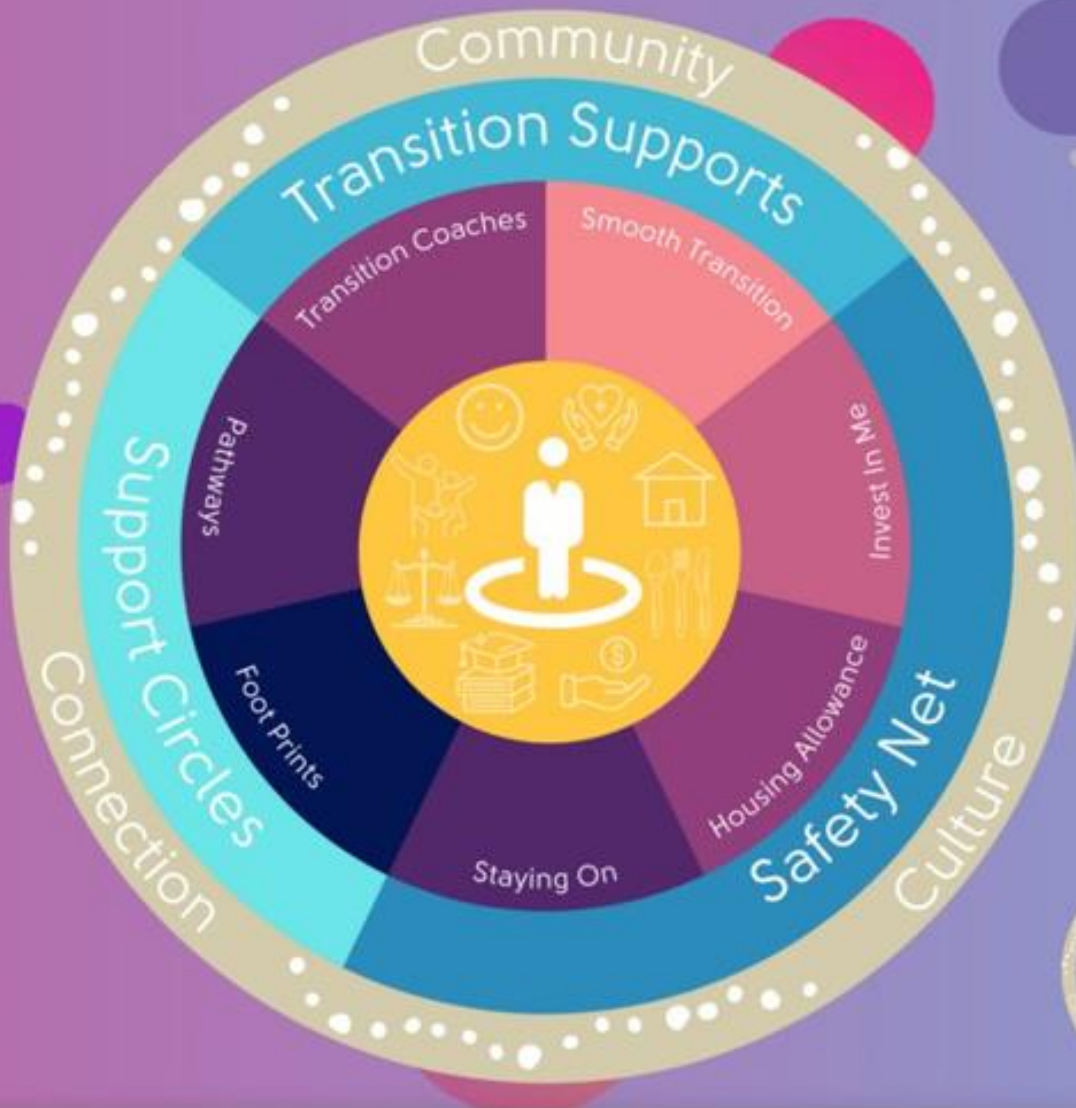
- Insight into a variety of tools that can be used to engage young people and build an understanding of their goals, aspirations and needs.
- Increased knowledge of the tools and practice guides available on the Home Stretch WA website.

### Next Practice Hour

- Handover Summary – 31<sup>st</sup> August 2023



# Home Stretch WA Model



Young people are at centre of support.  
Everyone is treated as an individual



Support or connection is offered in  
all areas of life



Support is delivered in specific  
ways [Practice Approaches] that  
work for young people




Home Stretch WA focuses on 3  
key elements of support



Home Stretch WA greater purpose is to  
connect young people with their  
community and culture.



# Home Stretch WA Principles



**You are the expert  
in your life, you deserve the  
freedom and respect to  
make your own choices**

Our support is unconditional

**A RELIABLE SOURCE OF  
SUPPORT IS YOUR RIGHT**

It's your choice to join and you can  
choose to come and go.




**Your coach will be  
consistent & persistent  
but not intrusive**

"Like a text message, not a knock on  
the door"



**Important moments  
& transition points in your  
life are acknowledged  
& celebrated**



**You can make an informed  
choice about the support  
you receive from Home  
Stretch WA**

There are no shocks for you or the important  
people in your life

# Why we use Coaching Tools?

- Person Centered.
- Intentional.
- Builds understanding, trust and rapport with young people.
- To identify future goals and support needs.
- Provides clarity around Home Stretch and the supports available.
- Allows Coaches and Young People to make plans.
- Opens up opportunities to focus energy on.





# Now & the Future

A useful starter tool to build a picture of where a young person is at and where they might want to go

Non-confrontational

Hopes, dreams, aspirations

Open questions and conversation

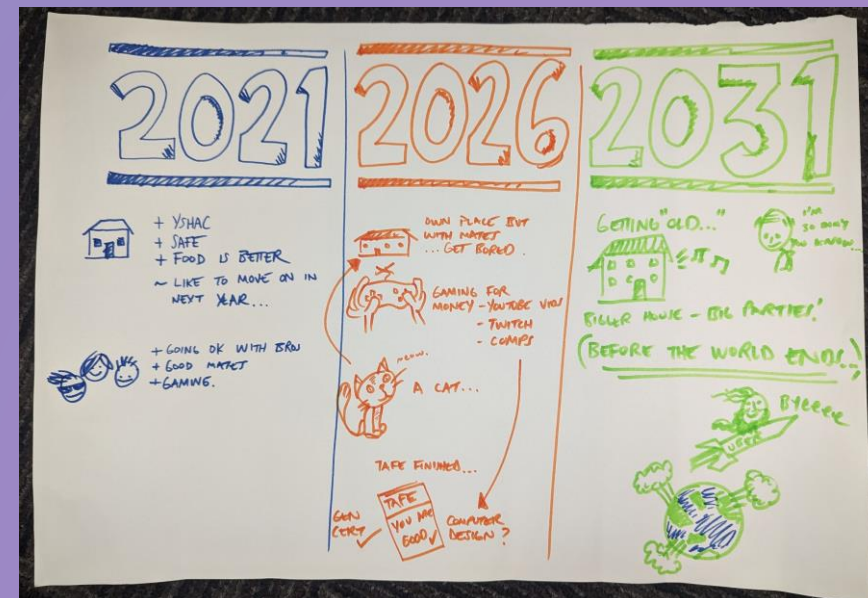
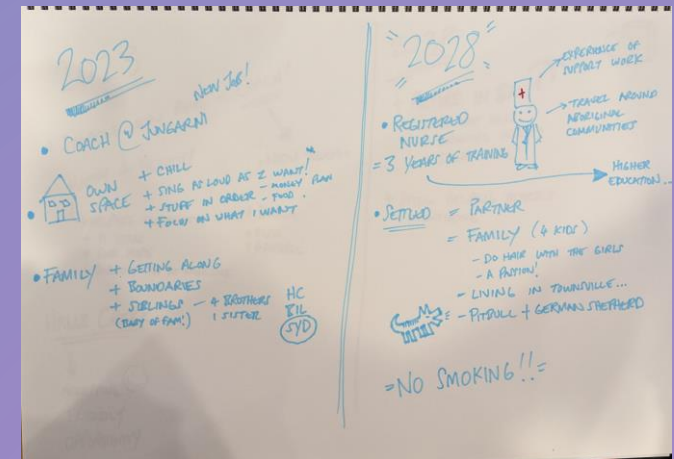
"What do you like about...?"

"Where do you see yourself in x years?"

Focusing on strengths and what is going well

Not a planning tool

"It's ok not to know what you want to do – that's why I'm here!"



# Card Sort Activity



Non threatening way to support setting up Staying On Agreement



Completed with young person and carers.



Can be used to explore a variety of topics

# Life Wheel

Can be drawn by hand and divided into as many segments as necessary

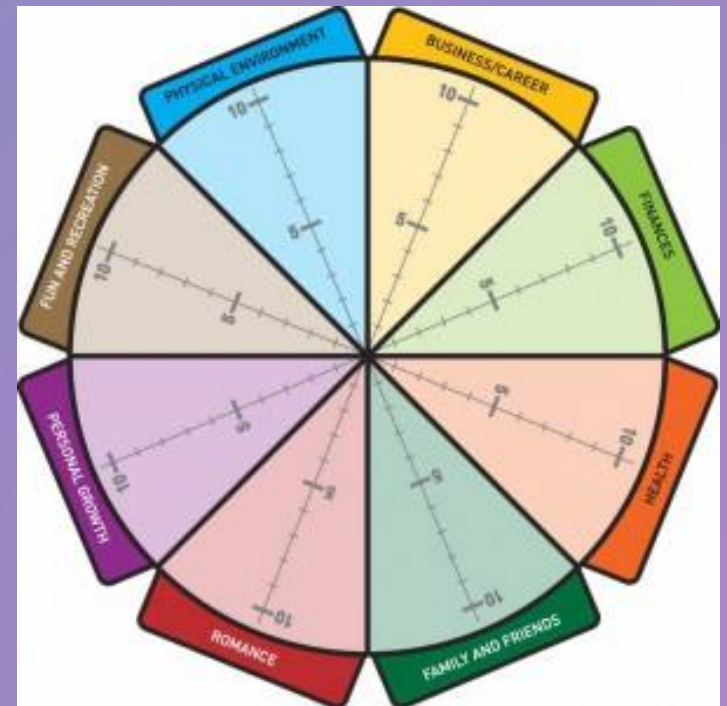
Be creative with what categories you look at

“Where do you score yourself right now?”

Scoring allows discussion around how things could be better

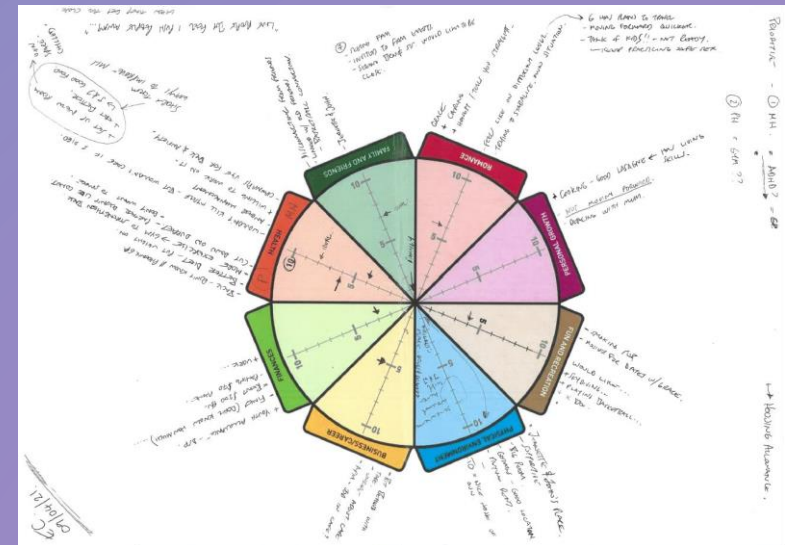
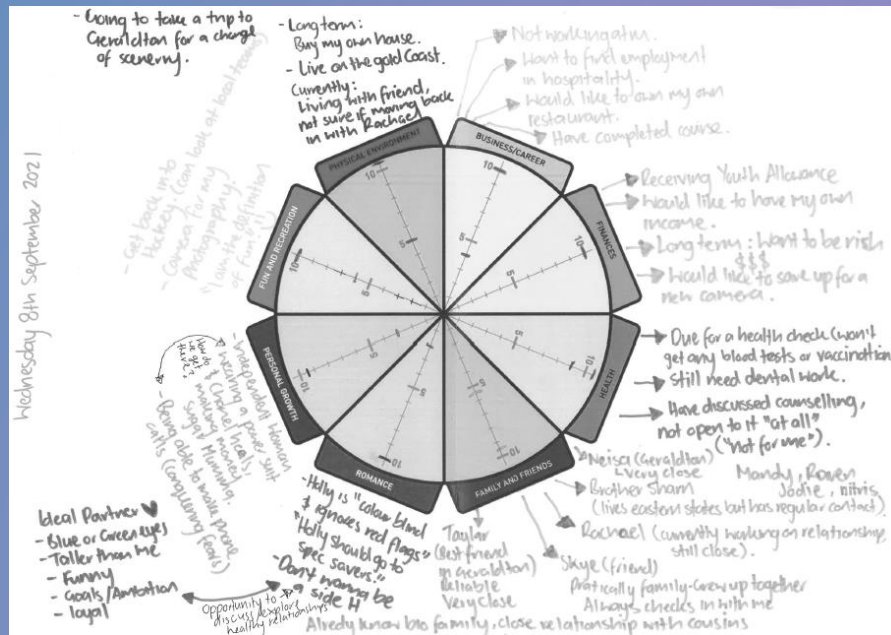
*“What would you need to happen to move from a 4 to a 6?”*

Can be reviewed in future.



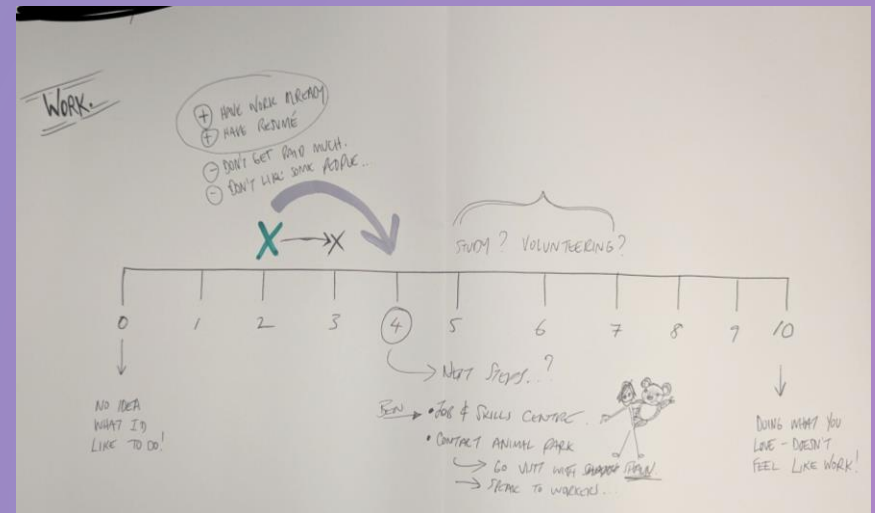


# Life Wheel



Too much going on in a Life Wheel?

Break it down into one scaling question.



# Timelines

Goal Setting.

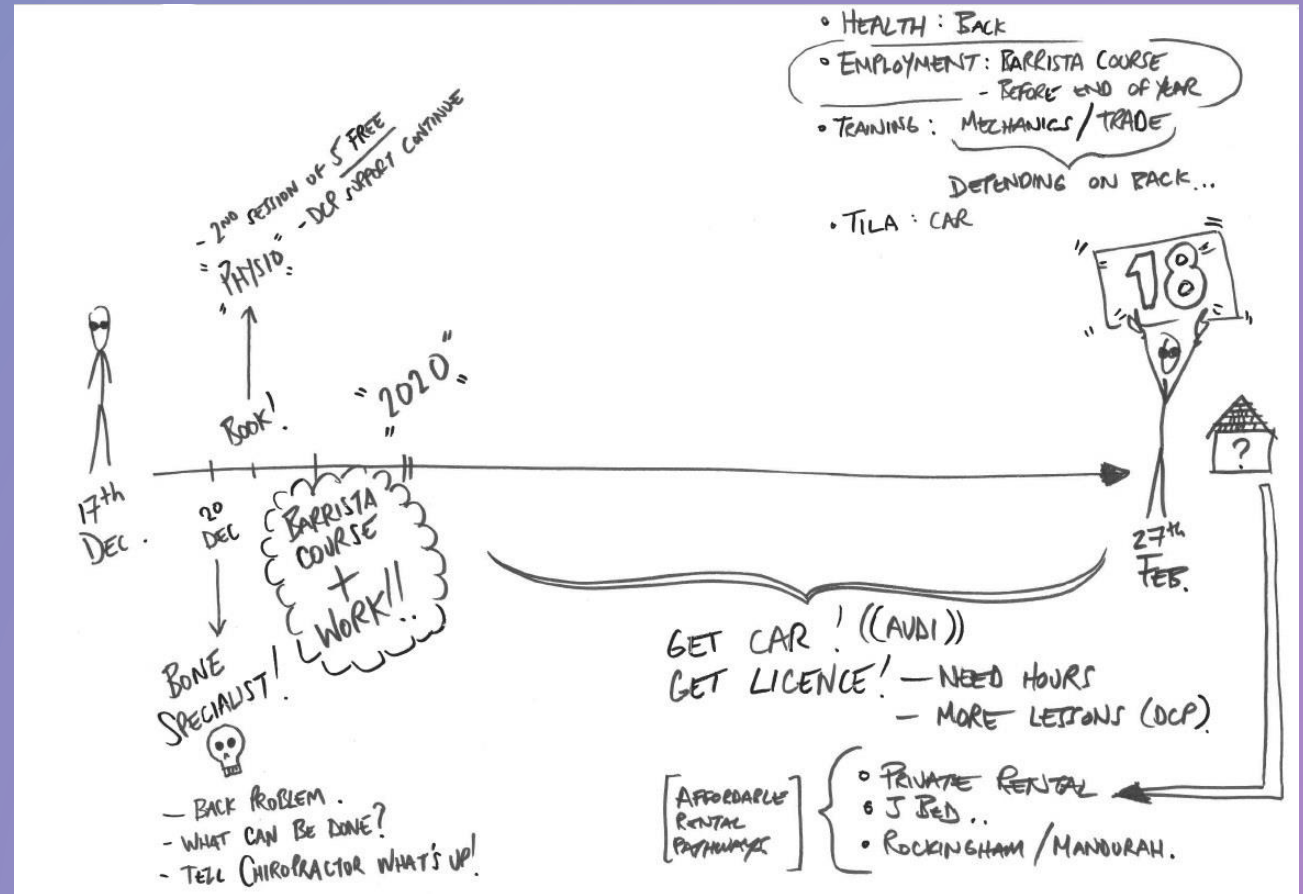
IIM Planning.

Revisited  
throughout support.

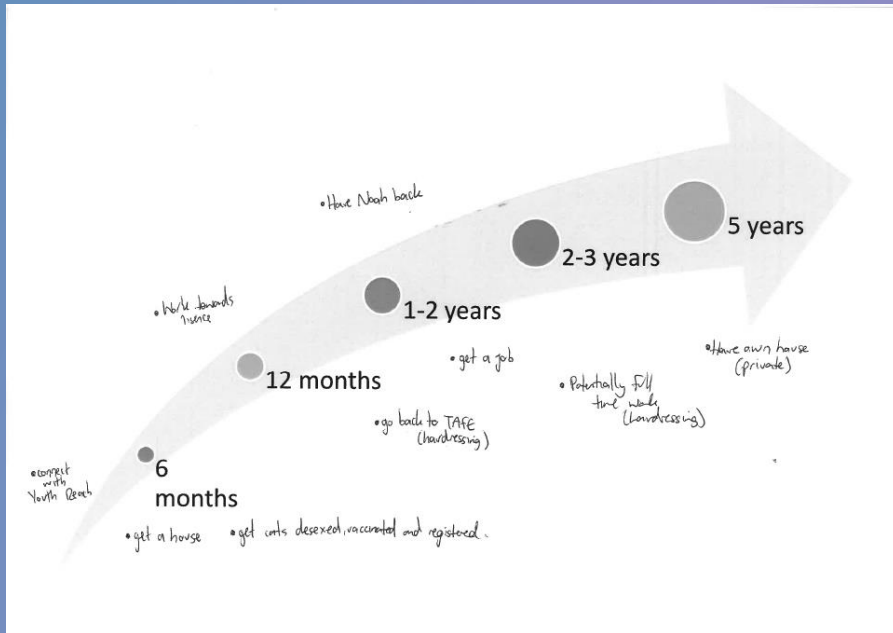
Planning Home  
Stretch support  
after opting back  
in.

Ageing Out.

Responsibilities of  
Young Person and  
Coach.



# Timelines



Short or long-term planning.

Useful at transition points.

Aspirational and Practical.

SMART Goals.

Assign tasks and dates for who is leading on what and when it wants to be completed.

Highlight young person's priority tasks.


	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
ETHAN	WHAT? WHEN? <input checked="" type="checkbox"/> RENEW LICENCE BY 22/08/23? \$33 <input checked="" type="checkbox"/> SPEAK TO KIANA ABOUT DENTIST BY 14/08/23 <input checked="" type="checkbox"/> CONTINUE DRIVING LESSONS	WHAT? WHEN? <input checked="" type="checkbox"/> HAZARD RECEPTION TEST BY 30/09/23 <input checked="" type="checkbox"/> - DOT <input checked="" type="checkbox"/> - PRACTICE ONLINE COURT 2 CONSTRUCTION - START	WHAT? WHEN? <input checked="" type="checkbox"/> PSYCHOMETRIC BY 30/09/23 <input checked="" type="checkbox"/> COMPLETE LOG BOOK CHECK DATES WITH INDUSTRY SKILLS TRAINING	
HANE SARAH	<input checked="" type="checkbox"/> EQUIPGE - REPAIRS BY 14/08/23 <input checked="" type="checkbox"/> LESSONS WITH [REDACTED] BY 22/08/23? - 11M <input checked="" type="checkbox"/> PASSPORT - INQUIRY IN MAC 15/08/23 <input checked="" type="checkbox"/> DIENPST - INQUIRY IN MAC 15/08/23 <input checked="" type="checkbox"/> [REDACTED] - ADJUST FRONTIERS	<input checked="" type="checkbox"/> [REDACTED] MEET 15/08/23		





# Strengths Surveys


## VIA Character Institute


**YOUR SIGNATURE STRENGTHS**

**1** **Humor**  
TRANSCENDENCE  
Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.


**2** **Fairness**  
JUSTICE


**3** **Forgiveness**  
TEMPERANCE


**4** **Curiosity**  
WISDOM


**5** **Appreciation of Beauty & Excellence**  
TRANSCENDENCE


**YOUR LESSER STRENGTHS**

**20** **Zest**  
COURAGE

**21** **Love of Learning**  
WISDOM

**22** **Perseverance**  
COURAGE  
Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.

**23** **Self-Regulation**  
TEMPERANCE

**24** **Spirituality**  
TRANSCENDENCE






## Strengths Profile

**Ben Dancey**  
Expert Profile · 24 June 2020

**E**

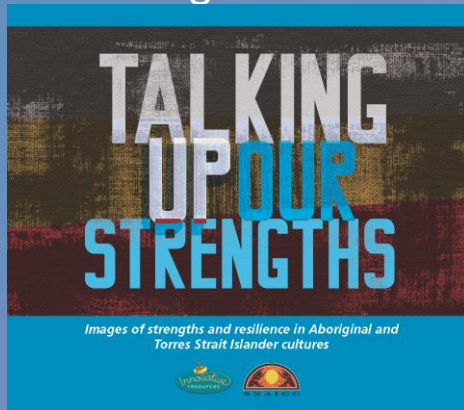
Your top realised strength <b>EQUALITY</b>	Your top unrealised strength <b>WRITER</b>
Your top learned behaviour <b>ADVENTURE</b>	Your top weakness <b>NARRATOR</b>

**Career Suggestions**  
For your realised strengths – what you perform well at, enjoy and use often

 <b>Customer Service</b> Customer Service professionals provide support to customers, clients or members of the public to assist them in resolving their complaints and issues. Often this requires liaising with other departments to find suitable solutions.	 <b>Human Resources</b> Human Resource professionals help to shape the culture of a company by involving themselves in training, management and development of employees, as well as working with salaries, benefits and employment law.
 <b>Non-Profit &amp; Voluntary</b> The Non-Profit & Voluntary sector is dedicated to improving the world and the lives of people. This can involve taking on multiple roles often within smaller organisations or offering specific skills and experience.	 <b>Personal Care &amp; Services</b> Personal Care & Services professionals provide physical or psychological support services across a range of different disciplines including rehabilitation, funeral and day care services.
 <b>Recruitment</b> Recruitment professionals search for suitable candidates to fill vacancies either as part of a hiring company or as consultants. These vacancies can vary hugely depending on a company's needs and may require specialised skill sets.	 <b>Social Care</b> Social Care professionals provide care and practical assistance to their service users, whose needs can include physical or learning disabilities, mental ill health and drug or alcohol dependencies.

# Other tools

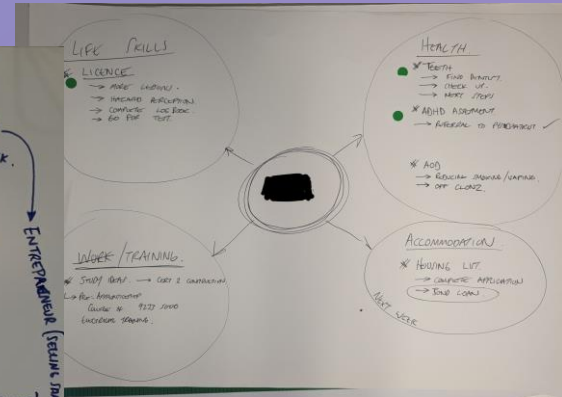
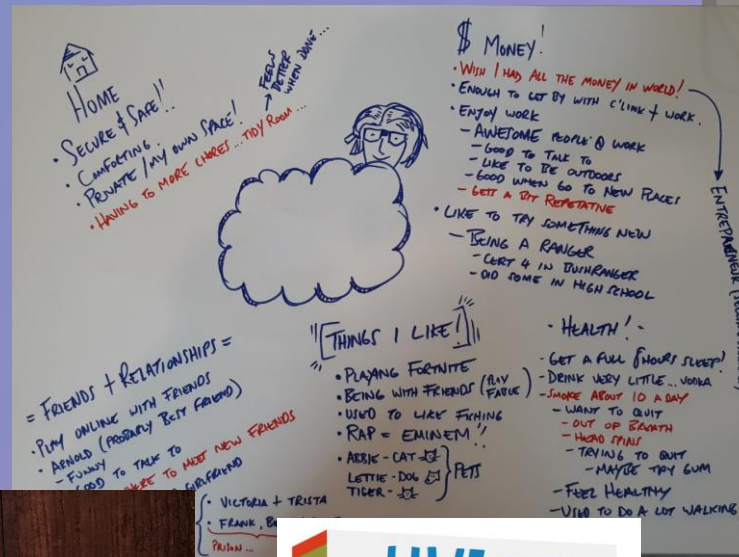
## Strengths Cards



## Vision Boarding

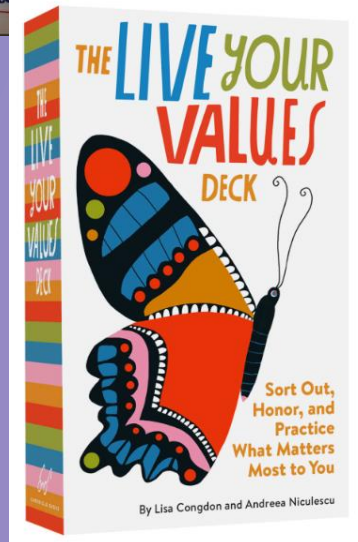


## Mind Mapping



## VIA Youth 24 Character Strengths Survey

## Values Exploration



# What Next?

- Schedule an action planning session.
- Take a photo of the activity.
- Send it to the young person.
- Add a copy to your case notes.
- Revisit and reflect.
- Hold each other accountable!



# Questions & Comments?



# More Information & Resources



Links to Resources & Documents on the website

[Card Sort Activity](#)

[Life Wheel Assessment Tool](#)

[VIA Character Strengths Survey](#)

[SNAICC – Talking Up Our Strengths Cards](#)

[Basic Mind Map](#)

[Question Cues for Mind mapping](#)

[Simple Action Plan](#)



[www.homestretchwa.org.au](http://www.homestretchwa.org.au)





# Contact Us

Community of Practice



[homestretch@anglicarewa.org.au](mailto:homestretch@anglicarewa.org.au)

Department of Communities



[homestretchwa@communities.wa.gov.au](mailto:homestretchwa@communities.wa.gov.au)



Andy

0413 207 096

Vanessa

0447 784 128

Hayley

0447 784 128

Ben

0481 144 877

Renae

0479 067 474

Jess

0486 041 786

Consultants

0487 897 991

