

ONE-ONE PERSONAL SESSIONS

The increased pressure of modern society

Today's university students are experiencing increasing amounts of stress and anxiety which has a direct impact on their academic performance and general well-being. Common causes relate to the pressure of academic success or financial worries but also to the rise of social media. The constant exposure to other peoples' seemingly perfect lives can often result in social comparison with a skewed picture of reality. This paired with a feeling of being lost in a world with a seemingly ever increasing pool of options and choices can lead to elevated levels of stress and anxiety about your own life, inhibiting academic performance as a result.

Coaching works proactively with promoting students' well being along with academic performance

Coaching offers a great complement to student counseling by working preventatively rather than reactively, easing congestion on counselling services who resources are most effective with more severe student issues. Coaching works by giving students the proper support and tools to develop the skills and abilities needed to cope with modern society issues, while at the same time boosting academic performance. By shaping and defining a personal inner compass based on a students personal values and strengths while also fostering a "growth mindset", students will learn how to lead themselves and cope with stress and pressures in a constructive way.

The benefits of coaching for students

- ▶ Tools for targeting present and future stressors before they become severe issues, while at the same time building life skills valuable for academic life as well as the future
- ▶ Fostering a solution oriented mindset
- ▶ Greater self awareness and self compassion towards themselves resulting in a more realistic outlook on the future
- ▶ Shaping/defining an inner compass based on their values, strengths and goals to navigate through future choices and stress

The 45min coaching session

1. Defining the current state - where are you now and/or what is the issue?
2. Defining the goal state - where do you want to go and/or what is the solution?
3. Exploring options, possibilities, solutions, tools and strengths
4. Create a step-by step action plan of how to reach the goal state

About psychological coaching

Psychological coaching is an evidence and intervention based framework for improving the well being in an individual, performed through systematic application and cultivation of scientifically tested exercises. The methodology consists of sessions in which exercises are proposed to an individual by the coach. The coach applies an empathetic approach with the purpose of maximizing the level of participation by the individual between the sessions.