

Person-Centred Coaching Training

Creating Inclusive Schools, Communities & Workplaces Across Wales

Person-Centred Coaching: Building Access & Belonging

Why It Matters

Every learner's journey is shaped by access.

When access is missing, learners face:

- Barriers to executive functioning (memory, focus, planning, task initiation)
- Challenges in communication, regulation, and wellbeing
- Trauma and anxiety that disrupt engagement
- Neurodivergent needs that mainstream approaches often overlook

The result? Exclusion, lost potential, and costly escalation.

Our **Person-Centred Coaching (PCC)** programme equips professionals, adults working with vulnerable learners to work *with* learners, not *on* them — strengthening self-regulation, resilience, and identity. PCC provides practical, evidence-informed strategies for schools, FE, youth services, and workplaces to embed inclusive practice and enable every individual to thrive.

What You'll GAIN

Through PCC, professionals develop tools that create both immediate impact for learners and long-term capacity for organisations:

- **Coaching Skills** - build trust, agency, and motivation through active listening, curiosity, reflection, and motivational interviewing.
- **Executive Function Strategies** - support planning, attention, organisation, and memory, enabling learners to work independently and confidently.
- **Trauma-Aware Practice** - recognise stress states, create safety, and co-regulate effectively to prevent escalation.
- **Neurodiversity-Affirming Approaches** - move beyond labels by tailoring meaningful, inclusive adaptations to individual strengths and needs.
- **Reflection & Wellbeing** - embed reflective tools and self-care strategies that sustain staff resilience and learner wellbeing.
- **Professional Standards** - uphold ethical, confidential, and safeguarding responsibilities in all coaching practice.



A Flexible, Evidence-Informed Approach

Person-Centred: rooted in identity, belonging, and co-production

Evidence-Informed: draws on neuroscience, trauma research & the ALN Code for Wales (2021)

Practical & Adaptable: tools for teachers, youth workers, support staff & employers

Organisation-Wide Impact: builds sustainable capacity for inclusion, resilience, and equity



Programme Overview

Module 1: Core Training (12 hours)

- **Executive Function & Neurodiversity** – recognise diverse learning profiles; build strategies for memory, planning, attention, and organisation.
- **Trauma & State** – understand stress responses, build emotional safety, and practise co-regulation.
- **Access & Adaptations (Needs-Led Lens)** – design tailored, flexible adaptations that evolve with the learner rather than relying on fixed labels.
- **Coaching Skills** – apply active listening, reflection, curiosity, and motivational interviewing in professional practice.
- **Reflection & Wellbeing** – integrate reflective practice and resilience strategies to sustain inclusive work.

Module 2: Applied Practice (6 weeks)

- **Peer-to-Peer Coaching** (90 mins weekly) - practise active listening, reflection, and needs-led questioning.
- **Application in Practice** - trial PCC strategies directly with learners, adapting approaches to individual profiles.
- **Reflective Portfolio** - gather evidence of growth through journaling, observed practice, and analysis of impact.
- **Case Study Analysis** - engage with diverse learner scenarios (executive function, trauma, neurodivergence) to build adaptive responses.

Outcome: Participants leave not only with skills, but with a *demonstrated ability to design and apply needs-led adaptations* that improve access, resilience, and belonging.



Embedding Practice for the Long Term

To sustain impact and embed inclusive practice, we offer ongoing supervision and development following the core programme:

- **Supervision sessions** - Regular group or 1:1 coaching to reflect on challenges and successes.
- **Case reviews** - Structured discussions of real learner/workplace scenarios to stay person-centred.
- **Practice development workshops** - Tailored sessions on emerging issues (attendance, mental health, transitions).
- **Community of practice** - Join a network of PCC-trained professionals sharing strategies and innovations.

Outcome: Organisations build a sustainable culture of reflection and adaptation, reducing exclusions, strengthening staff confidence, and embedding inclusive practice across the organisation.

Commitment: ~36 hours over 10–12 weeks

Cost: £895 per participant (*discounts for schools/organisations*)



Upcoming Training Dates

Autumn 2025 Cohort: Starts 14th November 2025

Spring 2026 Cohort: Starts 19th March 2026



Join Us

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👉 Book your place or arrange a **free consultation** for your school, youth service, or workplace.