

Distant Peer-Coaching:

Basic idea:

- With ICT beginning teachers coach each other virtually (home-office).
- They reflect on a difficult situation, clarify the dilemma and try to get a realistic view on useful competencies and next steps to be taken in order to deal with the dilemma.

Technical aspects:

Using e.g. a tablet various videoconferencing tools can be used for distant peer-coaching (e.g., AdobeConnect, MSTeams, NextcloudTalk). The choice of the videoconferencing tool depends on the possibilities of your ICT equipment and data protection laws as well as privacy policies of your country. (remark: At the SAF Tübingen, we decided to use Nextcloud Talk as we already have a Nextcloud (no additional costs) and all the data exchange runs via the server of our institution).

Coaching steps:

The following questions are to be understood as examples for your suggestions. They do not claim to be complete, nor do they have to be fully applied.

1. Learn about the problem

- At the beginning: what should our conversation be about?
- What happened? Who was doing what?
- What were you thinking and feeling? What were the others thinking and feeling?
- What was good/bad about the experience? What caused the situation?

2. Formulate the goal

- What do you want to achieve?
- How would that work if you achieved your goal?
- How will you know that you have achieved your goal?
- How will other (important) people notice that you have achieved your goal?

3. Past achievements and resources

- In the past have there been any first steps in the right direction?
- How did you do that? What did you do to make these steps possible?

4. Assessment

- Where do you currently stand on a scale from 1 to 10. (1 representing the point when you first started working on the goal and 10 the one having achieved your goal.)

5. First signs of advancing

- What makes the difference that you are now at x on the scale and no longer at 1?
- Let's say you are one step further on the scale. How would you notice that?

6. Change of perspective

- How could others know that you have already made a step forward?
- Who could support you in your next step?

7. Conclusion, appreciation and outlook

- I am impressed that you ... ,
- In the next few ... ,
- Carefully observe what happens in the areas under question as well as observe the steps that are taken by you