

General Structure of Each Coaching Session

1. Open the coaching session
 - a. Ask how the visit went well and what the HV wants to discuss.
 - b. Use affirmations to support what went well.
 - c. Discuss where the HV had some difficulty in the visit and/or goal planning.
2. Review sections of the home visit recording that show good motivational communication skills and/or goal planning strategies and skills.
 - a. Review the skills identified at the last coaching session that the HV worked on.
 - b. Ask the HV if s/he recognizes skills and ask what the HV was trying to do, then affirm and support self-efficacy of HV.
 - c. This will help the HV become more self-aware of their skills and will aid in self-monitoring when using motivational communication and goal planning skills.
3. Review sections of the recording that could be good learning opportunities. Note: sometimes #2 and #3 will happen at different points in the conversation.
 - a. Ask how that section went and discuss what could be done differently.
 - b. Offer some information or advice using Elicit-Provide-Elicit.
4. Talk about Goal Planning Strategies. If not on the recording explicitly, bring up conversation about goals for this family and where they are in setting or implementing goals.
 - a. Remember goals can be smaller and larger.
 - b. Do not only focus on the goals that will be written into the formal goal planning form.
 - c. Also, think about the service plan for goal setting.
5. Find some strategy or skill that you and HV agree is something that they could try in their next visit with the caregiver (or with another family they will see this week)
 - a. Use the list of key communication and goal planning skills to help identify the target skill to practice (maybe share list and circle the skill(s)).
 - b. Make sure you discuss a concrete example of the skill (e.g., what to say or do). Demonstrate the skill and have the HV practice it.