

## An Exploration of Peer Coaching

*Ann McDonnell  
Skills for life (numeracy)  
LBB  
ann.mcdonnell@lbbd.gov.uk*

*I have been involved in the delivery of the Subject Learning Coach Programme devised and supported by a consortium including the, DFES the Standards Unit, Hay, Oxford Brookes and others. The program was designed to transform teaching and learning by using peer coaching to encourage the use of innovative teaching methods within a supportive environment. Peer coaching is described as*

*“ a process through which two or more colleagues work together to reflect on current practices; expand, refine and build new skills; share ideas; conduct action research; teach one another; and problem solve within the workplace.” (Robbins, 1991)*

*The purpose of this workshop is to explore elements of the coaching process participants will:*

- *examine their own strengths, drivers, traits and behaviours*
- *take part in some coaching activities including the use of the GROW model*

### References

Robbins,P. (1991) *How to plan and implement a peer coaching programme*. Reston, VA: Association for supervision and curriculum development