WORKSHOP TITLE: Coaching and the Neurosciences

CONFERENCE THEMES: This proposal addresses the conference theme of Education, Learning and the Brain, specifically the question, “How can we make better use of brain-power and thinking skills to optimize our human experience and expression?”

For decades, educational leaders have been challenged to bring knowledge from the neurosciences into the classroom (Caine & Caine, 1991; Given, 2002; Jensen, 1998; Sprenger, 1999; Sylwester, 1995; Wolfe, 1998). Current research supports constructivist practices as most brain-compatible for children. Perhaps ironically, some models of coaching adults are based upon behavioristic psychology attempting to install behaviors into an educator’s pedagogy. Current neuroscience would suggest that coaching thinking is a more effective way to change behavior.

ORIGINALITY: The content presented in this interactive workshop is the original work of leaders in an organization called Thinking Collaborative. The focus of the session will be their article entitled, “What the Neurosciences are Teaching Us about Coaching,” published by Thinking Collaborative. This work is a synthesis of knowledge of thinking skills, coaching experience and research in the neurosciences, with a foundation in the writings and thinking of Costa & Garmston (1994, 2002, 2016), and Garmston & Wellman (1999, 2009, 2017).

CONCEPTUAL FRAMEWORK: As teachers have moved from being “sages on the stage” to “guides on the side,” so, too are coaches, influenced by insights from the neurosciences, moving from a didactic to a constructivist approach. As teachers support thinking of students in the classroom, coaches are supporting the thinking of adults working in schools. We propose the next stage of systems development is to use principles from the neurosciences in the adult learning processes in schools -- a model of coaching thinking, such as Cognitive CoachingSM developed by Art Costa and Bob Garmston. Our challenge is have the courage to apply what we know. Leaders of coaching programs must become advocates for using new insights from the neurosciences for rethinking counterproductive practices.

PEDAGOGY: In this interactive workshop, presenters will use a variety of strategies to activate and engage the audience, discover and explore the topic and organize and integrate learning. Strategies will include jigsaw, demonstration, large and small group dialogue and response to text. An emphasis will be placed on participants’ understanding and application in their own settings.