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Beliefs

- We all have untapped potential to learn and to improve what we do
- The solutions to each person's professional challenges are to be found *within* the school
- Those who share their skills as coaches *inevitably* improve their own practice
- The limits to developing our potential are

Principles of coaching

- Confidentiality
- Trust
- Non-judgemental, non-critical support
- A belief in the coachee's capacity to learn, develop and change
- Recognising strengths and building and maintaining self-esteem
- Challenging the coachee to move beyond the comfort zone
- A belief that there are always solutions to issues
- Break down big challenges into manageable steps