

Coaching through crisis and recovery: Resources for coaches

Introduction

This resource pack has been designed for coaches, providing a range of additional approaches, tools and techniques that coaches might find useful in supporting people at this time. The resources pack includes the details on post-event growth coaching, threat and reward-based thinking, and tools to encourage psychological growth through adversity.

Webinar 1: Coaching through crisis and recovery: resources for coaches

[Click here to watch \(32 min\)](#) and [click here](#) to view the Coaching through crisis and recovery – Resources for coaches PowerPoint slides.

During this video we explore post-event growth coaching as an approach and provide some tools and techniques to consider when coaching people who have gone through distressing and uncomfortable experiences that have had a significant impact on them. Rebekah and Kerry take time to explore and discuss the various approaches and methods contained within the Resources for Coaches PowerPoint slides.

Webinar 1a: Coaching through crisis and recovery: role play

[Click here to watch \(26 min\)](#)

The role play scene captured in this video relates to the Coaching through crisis and recovery – Resources for coaches PowerPoint slides. Rebekah and Kerry demonstrate how methods discussed in Webinar 1 can be used in a coaching interaction.

Webinar 2: Coaching Through Crisis and Recovery - additional resources and tools for coaches.

[Click here to watch \(31 min\)](#) and [click here](#) to view the Coaching through crisis and recovery – Resources for coaches PowerPoint slides.

Rebekah and Kerry take time to explore and discuss the use of the THRIVE and OSKAR coaching models in supporting clients to process and make sense of their experiences.

If you would like to discuss any of the exercises or materials covered in this resource pack, please contact Rebekah Giffney at Rebekah@rebekahgiffney.com.

Rebekah Giffney

Rebekah is an experienced Chartered Occupational Psychologist, registered with the HCPC and BPS, who has over 15 year of experience in optimising the potential of individuals, teams and organisations across health and care settings.

