

# WHICH INTERVENTION IS BEST SUITED FOR YOUR STUDENTS?

## COACHING, COUNSELLING & MENTORING EXPLAINED.



### Counselling



Counselling is a process where students are given guidance in relation to mental health and personal problems

Style: Directive, helps students recognise and solve personal problems

Advisory approach to provide guidance in solving personal issues

Focuses mostly on the present and past

Counsellors are trained to support students that are dealing with a mental illness

Counselling is diagnostic and tends to support students with recovery from past traumas

Outcomes: Tend to be difficult to measure

### Coaching



Coaching supports students to develop essential life skills and help boost self-esteem and personal development

Style: Participative, helps students sets and achieve their own goals

Sustainable approach to help students develop agency, independent thinking and responsibility

Supports students to focus exclusively on the present and future

Coaching is used as an early intervention against mental illness

Coaches support students to progress independently, both academically and socially

Outcomes: Measurable, specific, visible

### Mentoring



Mentoring offers students support with specific academic skills such as English or maths

Style: Directive, students improve their skills in specific areas

Advisory approach to provide students guidance in solving problems or developing skills

Tends to focus mainly on the present and future

Mentors are typically experts focused on developing a specific skill

Mentors share their knowledge and experience to help students develop

Outcomes: Tend to be difficult to measure

Find out more about our school support:

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