

## Personal Development at William Booth

### What is Coaching Time at William Booth?

In 2023, through our whole school work with the Behaviour Support Team, we decided to introduce Coaching Time to William Booth. Starting with a **pilot in Year 4**, we found that pupils quickly came to value the opportunity to share their thoughts and feelings. Staff also reported that individuals' well-being and class cohesion was improved, emotional literacy increased and problems between peers declined.

Now rolled out successfully across school, the format changes depending on the age and needs of each cohort, but the core elements remain. Coaching Time means that every week children get a **Check-in** at the start of the week, a **Check-up** during the week, and a **Check-out** at the end of the week. This gives them chances to talk about any worries, think constructively about any problems they have, celebrate positives or express gratitude for things.

Now that Coaching Time is an embedded part of life at William Booth, we cannot imagine our school without it. And we are proud to have been able to share this practice with external professionals, and to help other schools to introduce something similar into their own settings.



### What is the impact?

For some of our vulnerable pupils, Coaching Time has given them the opportunity to share concerns that have then lead to very important interventions for them (when first rolled out we say a three-fold increase in disclosures in some key areas).

More generally, we believe that Coaching Time has helped to contribute towards positive trends in behaviour and engagement within school. The reason we know this is that our pupils tell us: *"The good thing about Coaching Time is that whenever things are going wrong you know you will get a chance to talk to someone about it if you want to. I really like that."*