

# Coaching Insights with LCDR Peter Kenworthy

Transcript

## Appearing

In order of appearance:

1. MAJ David Stephens
2. LCDR Peter Kenworthy

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## Transcript details

MAJ David Stephens	Peter, what are your, some of your top tips for coaches out there?
LCDR Peter Kenworthy	Very happy to share them, Dave, so I think the first one that I like to introduce in a Session One is making that connection between reflection and adult learning or in case of ADFA adolescent learning. So if you're coaching at ADFA and you perhaps don't have a good background in their adolescent brain, Colonel Brad Kilpatrick has done some fantastic work in that area.
LCDR Peter Kenworthy	And has several resources available in the Cove about adolescent learning. The second part of that is the actual reflection piece. And so reflection, we know, is an important component of social mastery. And so those coaching counterparts should be starting to think about their social mastery skills.
LCDR Peter Kenworthy	And if they haven't been involved in reflective practice, again, the Cove has got a fantastic app around reflective practice and maybe it's just a simple thing of asking them about are they're doing any reflection? Perhaps just starting with the basic model around, what have I done? Well, what could I do differently? What's my goal for next time? To get them started in that space. And if we're talking about reflective practice, I think as a coach, there's an opportunity for us to reflect at the end of the session to work out what could we do differently for our development.
LCDR Peter Kenworthy	The other tip that I would give is around making sure that you remember that your your coaching and you're not mentoring. So it's about keeping that advice monster in your back pocket. And there will be times when you're coaching and you think, wow, I've got a mentoring experience that might be useful to share with the coaching counterpart.



LCDR Peter  
Kenworthy

So if they've explored all options, but you think there's still an opportunity to talk about a mentoring experience that that might be helpful, you can ask permission. Would they like to hear about something that might be useful in that coaching relationship? And you can share, if they agree.

MAJ David  
Stephens

Okay. Thanks, Peter.

