

## What People Say About COACH

“A series of tragic events set my life on a different path. I felt a failure. COACH embraced my whole family. My daughter was struggling at school and is now at university. I got really good marks and passed the entry exam for University to study medicine. That was after being at home bringing up 5 children for the previous 14 years. Now my life is so different. My heart is open to new possibilities. I feel focused and strong and a part of the community.

Ali's Story  
(from Chaos to Medical School)

“Monash University recently published a paper for the Australian Journal of Primary Health – authored by Dr. Darshini Ayton. The article describes COACH and evaluates its influence in assisting to address the social and economic conditions impacting vulnerable families. The paper describes and highlights the COACH program's strengths, including:

- The development of strong partnerships with welfare agencies, schools and community groups.
- COACH clients (vulnerable families), have benefitted by being supported with practical parenting support and support to manage emotional difficulties, housing challenges and finding employment.
- The program's capacity through Mentors to work flexibly and tailor support to each family's unique needs.



For more information about COACH please speak to your church leadership or local COACH Coordinator below:



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## Seeing People Flourish



coachnetwork.org



## Creating Opportunities And Casting Hope...

COACH stands for Creating Opportunities and Casting Hope. We mobilise volunteers to break generational cycles of poverty by supporting people in tough places flourish.

Our five key values are

- Compassion
- Embracing All
- Holistic Care
- Collaboration
- Reflection



### Unique Features

- High Impact, goal focussed mentoring with at least 80% of participants reaching a significant goal
- We average a 27% increase in participant's resilience (eg self-discipline, self esteem)
- We provide some of the very best mentoring training available with over 1000 mentors having successfully completed it and given us feedback
- We partner with Mission Australia in 50 plus locations in Australia with over 600 approved mentors
- In the UK, we partner with Redeeming our Communities (ROC) in over 10 communities
- Our mentors are trained, screened and supported by local churches who appoint a COACH Coordinator

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Without COACH I would have been in jail I reckon. With COACH we were taught that we needed to work together

Pete & Cheryl



### COACH Mentor Definition

- COACH mentor is a friend with purpose who offers practical help and mentoring towards life goals. We ask mentors to commit for 1 to 2 hours per week for 12 months

### COACH Mentor Competencies

Our volunteer Mentors do not need to be “professionals” but need to meet four essential competencies as follows:

1. Good communication skills (the ability to handle a challenging conversation)
2. Capacity and commitment to adhere to boundaries of role (which we train you in)
3. Capacity and commitment to engage people from diverse backgrounds (e.g. sexual orientation, race, faith) in a non-judgemental and respectful manner
4. Capacity and commitment to promote children's safety and well-being at all times (again, we train you in this)

### COACH Referral Criteria

COACH targets participants at the early intervention / prevention stage. 70% of referrals are families with at least one child under 12 years old 30% are young people aged 8 to 15 years old. We take referrals from welfare agencies, schools and health service providers. Referred participants must be stable and show some motivation for change.