



Integrated Coaching and Curriculum Proven to Build Community and Teach Critical Life Skills

THE CHALLENGE

Fostering community and educating the whole child are and have always been the guiding goals of a leading K-8 private school in Florida. Emerging from the pandemic and the serious challenges it introduced, the school needed a strong partner to provide its community - teachers, counselors, students and parents - with the mental, social and emotional well-being support they needed to thrive.

Identifying a curriculum that was low lift for teachers while at the same time relevant to the students' lives and real challenges was critical for implementation and engagement. Supporting teachers with easy-to-use resources and onboarding training was also important in order to empower them to use the lessons on a regular basis during the school day. Another critical goal was to involve and engage parents in the school community.

THE OUTCOME

100%

of teachers reported that Robin helped them understand and respond to the mental, social and emotional needs of both themselves and their students

90%

median score achieved by students on life skills assessment

100%

of families reported feeling more prepared to deal with family challenges after Robin

THE SOLUTION

Robin was selected as a partner for its integrated coaching and curriculum program, focusing on building a strong community and supporting mental well-being.

At the start of the program, Robin administered the Robin Connection Diagnostic Assessment[®] to all students in grades 7-8 to assess the degree to which students felt connected to others in their social and home environments. Results indicated that students had very strong connections to their families; however, the assessment also revealed that students often experienced feelings of loneliness.

Based on assessment results, Robin was able to customize its curriculum and coaching to achieve maximum impact. All students in grades K-8 used the Robin curriculum on a weekly basis. Curriculum focused on teaching and practicing a variety of age-appropriate skills, including how to build healthy relationships with peers, strengthen communication skills to work through conflict and set boundaries on social media.

Integrated with the curriculum, Robin conducted 15 small group coaching sessions for students in grades 4-8. An expert coach was assigned to each group in order to develop a relationship and rapport with the students and create a safe space for healthy discussion. Students were encouraged to share their challenges and learned skills to help work through those challenges. The curriculum, featuring asynchronous video lessons of Robin coaches, provided additional practice of the skills learned and how to apply them to real life situations.

Coaching was also conducted for the teachers and parents/guardians by a Robin Coach and local professor of education. Topics included Healthy Habits to Build Connection and Resiliency (parents/guardians) and Strategies for Supporting Neurodiversity in the Classroom (teachers). Participants not only learned coached skills but also reported that they felt more connected within the school community.

SKILLS LEARNED + PRACTICED

- ✓ **SELF CONFIDENCE**
- ✓ **CONNECTION TO OTHERS**
- ✓ **WILLINGNESS TO DISCUSS EMOTIONS**
- ✓ **MANAGING THOUGHT TRAPS**
- ✓ **OVERCOMING NEGATIVE SELF-TALK**
- ✓ **GROWTH MINDSET**



WHAT THE EDUCATORS SAY



I really thank this program for helping my kids express themselves. I saw my kids go to other kids to say how they felt respectfully and ask for what they need. They have become very self aware, are able to problem solve and regulate THEMSELVES better after doing Robin's coaching and curriculum."

- TEACHER

To be honest, I went into this like IT'S ANOTHER THING TO DO and within a month I saw some amazing changes- like my kids respectfully talking to one another about how they feel without my help, and making better choices. It really made a difference.

- TEACHER



The team is always available to meet, learn about the needs of our students and teachers, and come up with a realistic game plan. The Robin team has become an extended part of our school family.

- HEAD COUNSELOR

Let's Connect.