



Coaching Series Enhances Connection and Builds Resilience Among High School Guidance Department

THE CHALLENGE

In 2022, The Paul D. Schreiber High School in Port Washington, NY enthusiastically welcomed a new Director of Guidance to the school. The new director found that members of her team were experiencing excessive stress and anxiety due to increased time constraints and growing caseloads driven by the youth mental health crisis. Stressors related to external factors, such as the health of loved ones, also contributed to their fatigue.

Knowing the new director was dedicated to enhancing morale among her team and alleviating their stress, the assistant superintendent of Port Washington Union Free School District chose to partner with Robin to lead the director and her team through an impactful coaching series that would focus on supporting connection and building resilience.

THE SOLUTION

In Spring 2023, Robin provided a series of coaching sessions to the Paul D. Schreiber High School Guidance Department. These coaching workshops focused on supporting the counseling department staff with skills to reduce stress, enhance meaningful engagement with students, increase feelings of self-empowerment and strengthen the connection and sense of community within their school.

Robin kicked off the engagement conducting a one-on-one leadership coaching session with the Director of Guidance. This session, led by Robin Coach Kathleen Young, focused on identifying best practices known to strengthen existing skills and facilitate working with a new team in a new environment, as well as previewing the topics for the upcoming team coaching workshops.

Robin Coach Kathleen Young then kicked off a coaching series for all members of the guidance department team, meeting bi-weekly over 3 months.

THE OUTCOME

as self-reported by members of the guidance department

13% increase in finding meaning & purpose in their work

10% increase in feeling comfortable with on-the-job pressure

10% increase in feeling valued at work

Members of the Paul D. Schreiber High School Guidance Department reported the following outcomes from the sessions:

- Tools to Improve Their Resilience
- New Ways to Cope with Stress
- Enhanced Morale and Team Culture

Coaching topics included:

- ✔ Team Empowerment: Working Together to Build Capacity
- ✔ Strengthening Well-Being and Resilience
- ✔ Overcoming Hardships and Building Hope
- ✔ Strengthening and Celebrating Community
- ✔ From Survival to Growth: Reaching a State of Thriving Even in Difficult Times



99%

of Port Washington teachers said Robin coaching was helpful in understanding their own or their students' mental, social and emotional needs.

Based on the success of the coaching series for the high school guidance counselors, Robin led a Professional Development Day for teachers and staff across the entire Port Washington Union Free School District. Robin Coaches led the following workshops:

MINDFULNESS STRATEGIES
TO MANAGE STRESS

WELLNESS & RESILIENCE

A DIFFERENT APPROACH
TO BEHAVIOR STRATEGIES

COMMUNITY-BUILDING STRATEGIES TO
DEVELOP A MORE COMPASSIONATE &
CONNECTED SCHOOL CULTURE

WHAT THE EDUCATORS SAY

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The workshop was excellent! Refreshing and a good reminder to practice self-care and compassion towards students.

Port Washington Educator

Let's Connect.