



Whole Child, Whole Life Coaching Session

Jill Lingard

Stephanie Vadnais

Stephanie Malia Krauss

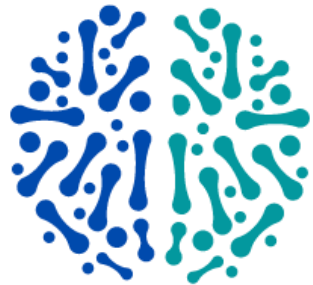
Agenda

Getting Started <ul style="list-style-type: none">• Opening activity: Who's in the room?• Getting grounded	10 min	Stephanie Malia Krauss
Field Tips & Tools from Nebraska Children's Bite-Sized Discussion Guide <ul style="list-style-type: none">• Learn about it• Try it	20-30 min	Stephanie Vadnais & Megan Crawford
Field Tips & Tools from 4-H Nebraska Coaching Guide: An Actionable Book Study <ul style="list-style-type: none">• Learn about it• Try it	30-40 min	Jill Vangard & 4-H Nebraska team
Customize Your PD <ul style="list-style-type: none">• Workshopping your version• Report out	40 min	
Group Discussion/Q&A	10 min	

Getting Started

- Meet your facilitators
- Who's in the room?

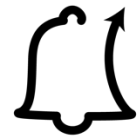
Meet Your Facilitators



FIRST QUARTER
Strategies



EXTENSION



Beyond School Bells™
nebraskachildren

Meet Each Other



- **How would you describe your role?**
 - Frontline staff
 - People manager
 - Program directors
 - Organizational leaders
- **What are you spending time thinking about now?**
 - Summer programs
 - In-school programs
 - Before & afterschool programs
 - All the things

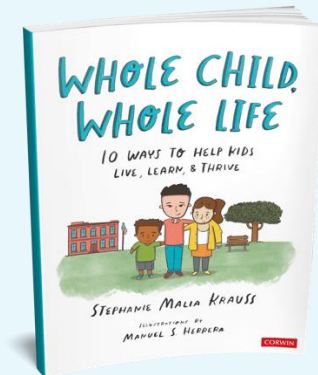
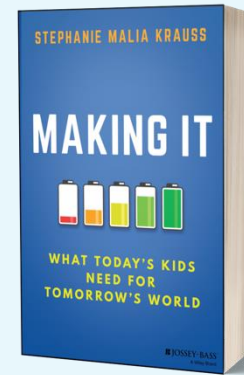
Meet Each Other

- **What animal is closest to your spirit animal?**
 - Otter
 - Lion
 - Sloth
 - Dolphin
- **What do you hope to get from the next two hours?**



Why We're Here

- Books as cross-trainers
- Field guides to apply learning
 - Bite-Sized Guide
 - Coaching Guide
- Tips & tools
 - Personally
 - Peer-to-Peer
 - Program-Level
- Nebraska is leading the way



Get Workshop Materials

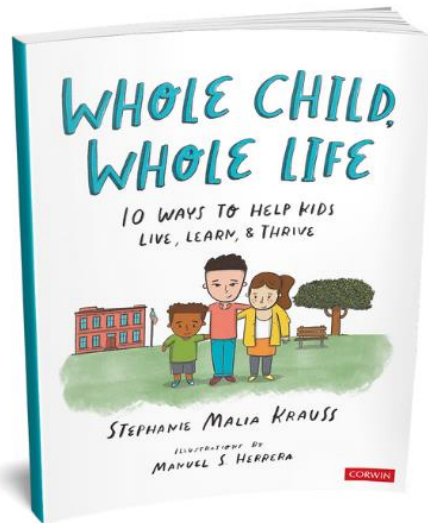
exclusive access

- **Bite-Sized Discussion Guide**
- **Coaching Guide**
- **Workshop Section of Coaching Guide**



Bite-Sized Professional Development

Beyond School Bells



Whole Child, Whole Life

Bite Sized Discussion Guides
for Afterschool Programs

- **Flexible discussion guides designed with Afterschool program staff teams in mind.**
- **Ideal for a 15-20 minute staff meeting.**
- **You can use the guides in any order and pull from topics that are most relevant to your staff.**

Sections you will find out these guides:

Definitions/Quotes

Here's where you'll find any key terms and their definitions or a key quote from the chapter.

Dive in deeper

This is where the page numbers for relevant chapter(s) are listed. If staff are interested and have time, they can spend time reading the whole chapter(s) before a meeting for a more robust discussion or after a meeting to reinforce learning.

Read this:

A highlighted table, list, or short section of the chapter that staff can read before or during a staff meeting. Discussion questions will be based on this small chunk of information rather than the whole chapter.

Resources

Resources that are connected to the chapter for anyone who wants to continue learning on their own.

Discussion

A curated list of discussion questions based on the small section of the book highlighted in "Read this."

Application

On some guides, this final question or activity can help individuals or staff teams think about how they might apply the things they learned and discussed in their afterschool context.

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Pilot: Afterschool Staff Meetings

Megan Crawford

CFY Lead

Boys and Girls Club of the Midlands

Try it out!



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**Whole Child Whole Life:
Investing in
Personal Interests**

Helping you put youth at the
center of summer planning

Application

What opportunities do we have to integrate “Student Centered Learning” and the interests of youth into our summer program?

Coaching Guide: An Actionable Book Study

4-H Nebraska

Thriving Youth Coaches Guide

How to prepare and care for youth in a changing world.

An actionable book study for anyone working to help young people thrive.



Thriving Youth Coaches Guide

- The guide is designed to unpack two books that are grounded in research on positive youth development.
- Intended to guide your own continuous learning and improvement and has several models for application.
- Designed to move from information to action.

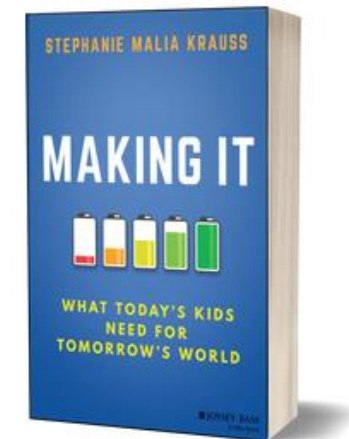
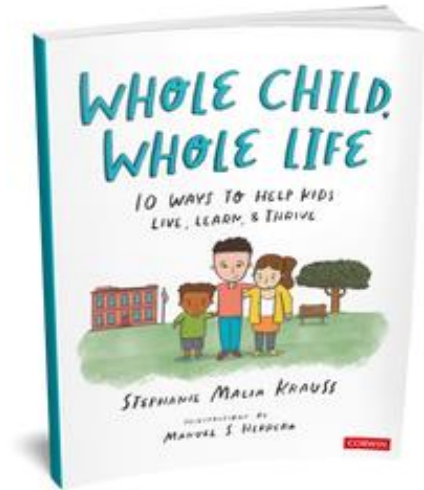


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01 Getting Started

Welcoming words and tips on getting started

02 Setting Intentions

Pre-Work. Decide how to use this coaching guide. Set a schedule and establish goals

03 Scouting Report

Pre-Work. Develop an in-depth portrait of the young people in your program. Reflect on who they are and what they bring to your program

04 Preparing Players

Actionable Book Study. Explore what it takes to get young people beyond ready for a rapidly changing world

05 Caring for Players

Actionable Book Study. Explore ways to create the conditions young people need to thrive now and in the future



Helpful Resources

06 Wrap-Up

A tool to reflect on your work coaching young people to thrive. This exercise is about you and your growth

A1 Sample Schedules

- Short studies: 4 or 6 sessions
- Long study: 10 sessions
- Intensives: Single or Multi-Day Retreats

A2 4-H Thriving Model

A copy of the 4-H Thriving Model to reference throughout the experience

A3 Action Step Template

A template or worksheet to track actions you want to take after each session

A4 Section Index

An at-a-glance index with section titles, page numbers, and recommended readings





Tips for Getting Started

✓ DECIDE HOW TO USE THE GUIDE

- Personally for individual growth
- Peer discussion guide
- Program staff development or retreat



✓ CHOOSE A SCHEDULE (SEE A1)

- 4 sessions
- 6 sessions
- 10 sessions
- Single or multi-day intensive
- Custom schedule

✓ GET YOUR BOOKS

- Making It: What Today's Kids Need for Tomorrow's World
- Whole Child, Whole Life: 10 Ways to Help Kids Live, Learn, and Thrive

✓ DO THE PRE-WORK

- Set your intentions
- Create a Scouting Report

Tip

This coaching guide uses two books rooted in positive youth development and readiness.

For the best experience, we recommend personal copies of each book. This enables maximum flexibility and personalization.

If this isn't possible, consider sharing books. Or, skip recommended readings and build a custom experience based on content in the guide.



Setting Intentions

Take time to reflect on why you are using this coaching guide and what you hope to gain. Preview sections. See how topics are organized and questions are phrased. Review the pre-work assignments.

STEP 01

Consider your why

- What prompted you to use this guide?
- How does this connect to your work and priorities?
- What do you hope to gain from this experience?

STEP 02

Consider your how

- Review A1 (pp. 45-49) to choose a schedule, or create your own
- Identify any support you need to make this worthwhile
- Consider how to hold yourself accountable for taking action

STEP 03

Consider your goals

- What topics are you most excited about?
- What program do you plan to focus on?
- What would "success" look like at the end of this experience?

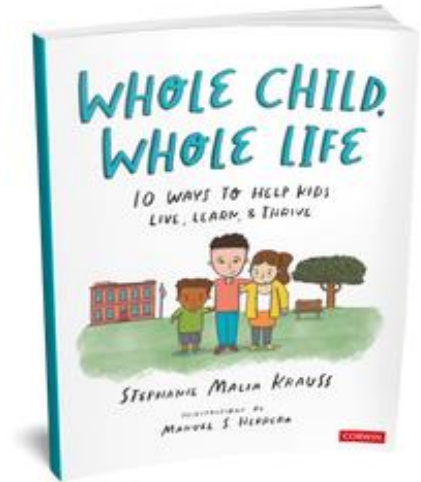
YOUR INTENTIONS CAN EVOLVE AS YOU PROGRESS THROUGH THIS EXPERIENCE. RETURN TO THEM PERIODICALLY TO REFLECT AND ADJUST.

Approach this guide with an open mind, a collaborative spirit, and a commitment to implementing research-backed ideas that help youth thrive now and in the future.

This guide will be as good as you make it. Customize and adjust as you go. Create an experience that works for you!

Pilot

- The books were introduced to Nebraska 4-H Youth Development staff in the fall of 2023.
- Stephanie Malia Krauss worked closely with our state staff beginning that fall through the following summer and presented at state conference in the Spring of 2024.
- Development of the guide was then piloted in the Summer of 2024 by our State Staff and our statewide Focus Area Team Leaders.
- A fall convening was hosted to capture the pilot findings.



Interested in Learning More?

Contact: Jill Lingard

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Create Your Own Experience

How can you use these guides?

Get in Groups

- **Came with my team**
- **Wanna work alone**
- **Need to talk it through (even if I don't know you)**
- **Creators' corner (talk to Jill or a Stephanie)**

Guiding Questions

- **Why** would I use these guides?
- **Who** would I use them with?
- **What** would the experiences look like?
- **When** could/should it happen?
- **How** can I move these ideas forward?

Get in Touch

- **Want to use the bite-sized guide? Contact Stephanie Vadnais**
svadnais@nebraskachildren.org
- **Want to use the coaching guide? Contact Jill Lingard**
jlingard@unl.edu
- **Questions about the books? Contact Stephanie Malia Krauss**
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