*Peer-to-Peer Coaching*

**Aim of this session:**

In a group of 4-6 students, you will conduct a peer-to-peer coaching session. The aim of peer-to-peer coaching is to gain insight in and provide solutions for a case with each other’s expertise. Conducting one session takes about 40 minutes. The steps are described below. Read these carefully beforehand to know what is expected of you in each step.

**Preparation:**

Each student prepares a case in 5 to 10 sentences with a summary of 1 to 2 sentences prior to the session. This is about your interpretation of your Thermos-dashboard. It helps if your case is specific, if it is clear what the problem is, what the current situation is, and possibly already what the goal is. If you have trouble with formulating a case, there are questions at the bottom of this activity to guide you.

1. **Choosing a case: 5 minutes**

Each group member explains the case in the one or two sentences. De group then chooses one case for the session. The person who’s case is discussed becomes the ‘contributor’.

1. **Dividing roles: 5 minutes**

Discuss within the group who will take on the tasks of the moderator and timekeeper. The moderator is responsible for guiding the conversation. This involves making sure each step is carried out correctly and that everyone gets the opportunity to speak. In addition, the timekeeper ensures that the steps are completed within the instructed time and warns the group when the time is nearly up.

1. **Introduction phase: 2 minutes**

The contributor further explains the case. Use the 5 to 10 sentences from the preparation for this.

1. **Exploration phase: 10 minutes**

Group members may ask questions to get more clarity. Important is that questions are open and neutral. No advice is given yet.

1. **Brainstorm phase: 15 minutes**

Group members brainstorm about possible solutions. The contributor may ***not*** participate in the conversation. The contributor? takes notes on ideas that might be interesting or useful, or on things that are unclear.

1. **Experience: 3 minutes**

The contributor reacts to the given solutions of the group members and asks questions to clarify, if there are any. Hier nog iets van; de contributor vertelt wat hij/zij concreet gaat doen?

**Formulating a case**

Look at your Thermos-dashboard and think about the following questions:

* Which aspects stand out?
* Which aspects would you like to improve?
* Do these aspects influence each other?
* What problems occur exactly?
* What makes you think this is a problem?
* How does this influence your studies?
* How does this affect your life outside of university?