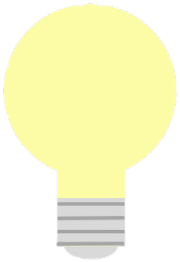


# Responding with TLC

## Main Ideas



Performance coaching is a useful way to view how we re-engage students back to routine

The techniques only work when they are consistently implemented

We are our most effective when our emotional state is centered

## Elements

### Tone

Students mirror our emotional temperature, stay:

- ✓ Calm
- ✓ Neutral
- ✓ Assertive

### Language

- ✓ Use as few words as possible
- ✓ Provide short action-oriented prompts
- ✓ Keep the conversation in the here & now
- ✓ Label emotions and behavior objectively

### Coaching

- ✓ Provide an opportunity to self-correct
- ✓ No response? Make a personal connection
- ✓ Validate feelings
- ✓ Coach a productive step back to routine or regulation

## Coaching Strategies:

Provide an Opportunity to Self-Correct	Make a Personal Connection	Validate Feelings	Coach a Productive Step Back to Routine
<ul style="list-style-type: none"> <li>• Class-wide prompts</li> <li>• Praise other students in the area</li> <li>• Move into proximity</li> <li>• Use silent signals</li> <li>• Monitor for a self-correct response</li> </ul>	<ul style="list-style-type: none"> <li>• Private conversation: ('I'm noticing you haven't opened your book, is everything ok? 'How can I help?')</li> </ul>	<ul style="list-style-type: none"> <li>• Paraphrase ('I hear you saying...')</li> <li>• Empathetic Statements ('That must be frustrating', 'I'm sorry that you are going through this')</li> </ul>	<ul style="list-style-type: none"> <li>• Model, Cue, and support regulation skills</li> <li>• Present small accomplishable steps</li> <li>• Uses choices or options instead of commands</li> <li>• Help the student focus on something else</li> <li>• Ask the student for a solution</li> <li>• Use 'I statements' ('I need you to...')</li> <li>• Offer a short break (e.g., a wellness menu)</li> <li>• Talk with another adult</li> <li>• Use behavior specific feedback statements</li> <li>• Co-decide on next steps</li> </ul>