

Coach for Changemakers Worksheet

Day one

0. INTRODUCTION

Why?

Why you are interested and want to be a coach for changemakers? It is important to understand and set goal and expectation for yourself getting this journey. Most of our volunteer coaches at SOC really want to be a part of solution for social betterment but some do not have time to do any project themselves, so they decide to spend two hours each week for at six months coaching young changemakers. Also many want to learn about coaching and hope to gain some experience for both self development that will apply to their day-to-day job. What our coaches may not expect but always gain also from coaching experience is to understand more about younger generation and to be inspired and later decide to launch their own social change project.

Exercise 1: writing down your inspiration and goal of becoming coach for changemakers.

Exercise 2: Check list

- You have some experience being a coach
- You have some experience starting your own project and implement it for more than six months
- You believe in power of young people
- You believe that people are capable of solving their own problems
- You believe that anyone can bring about positive change
- You are more positive than negative
- You can be patient and listen for more than 60 minutes
- You normally can observe and understand how others feel
- You realize that telling people what to do is easier than helping people figuring out themselves what to do
- You normally can focus on doing one thing at a time.
- When you come across people who just start a project that you have some experiences. It is ok that they do it differently than what you did or they may decide to do in the way what you may not agree with
- You believe that you can coach those who run projects that you know nothing about

Why changemakers need a coach?

When young people start their first projects, they usually start with good intention to be a part of making a difference, to gain new skills or just have fun with their friends. Without experience most young changemaker-to-be don't know where to start. How to scope their problem or topic, how to research and get relevant data and how to synthesize to pinpoint that they want to focus on before ideation. Many may experience working in groups in school or university but never really lead a team with a shared vision and goal. Some can't choose or segment their main target and engage strategic stakeholders and partners. Once they have a workplan, to actually take action to complete each task on time or persevere and survive the first mistake or obstacle. All of this may not be possible without a journey-mate who travel alongside who help guide, listen, and reflect what they should adjust and learn on the way.

There are four supports that young changemakers need to launch their first project. Resources, Tools & Knowledge, Coach and Community. Most young changemakers apply to incubation program aiming for grant but always value coach the most at the end.

1.COACHING FOUNDATION

Exercise 3: In your life who has brought out the best in you? What did he or she do?

Draw his/her:

Draw/describe their actions:

Exercise 4:

What knowledge/ skills you have that you can draw out to coach?

What you think you need to learn more?

Exercise 5:

Ranking what role you feel comfortable with? (consult/ teacher/ mentor/ trainer/ counselor/ coach)

- no.1
- no.2
- no.3
- no.4
- no.5
- no.6

Exercise 6: After you learn about FAST Model? What is your question? What do you think will be your biggest challenge practicing coaching?

2.CHANGEMAKER JOURNEY

Link to proposal



To support changemakers you it is helpful to know what are or will be their journey?

Exercise 7: Determine each stage of your coaches on Changemakers Journey. Write down answer to each stage questions or write down questions you want to ask.

1. Inspiration: why coachees want to do this project? What is their connection to? Is it start from problem they are facing? Do they know or have exposure directly to target? Or they want to utilize an opportunity or their skills?

2. Problem Insight: What problem they try to address? Do they know about problem situation? Can they identify any gap/ opportunity?

3. Idea: Do their project idea connect to inspiration and problem insight?

4. Prototype: Do they have tentative ideas or plan how they want to test their idea? Do they identify assumptions or hypothesis for their prototype? Is this an ad hoc event or a solution? Is it possible to implement this idea during Covid?

5. Model: Do you have a drafted model how to solve a problem or bridging a gap? How they want to test it out? Do they have revenue model and potential customer in mind?

6. Scale: Do they have scaling strategy? Is it for scaling up/ out or deep? Do they have clear vision and mission for their enterprise?

Exercise 8: From your coachees proposal can you determine which stage they are? Are they clear where they want be at the end of your coaching period? Can you explain detail for each of their stage?

Example:

