

YOUR TRUST **5** TOP TIPS ON VOICE

Reflect on how you can implement some of the strategies Your Trust uses to ensure children's voices are at the heart of your coaching sessions.



1. **Create Conversations** – Before a new child joins a session speak to the parents and child and get to know them before they start. You don't need to ask session specific questions, you could ask what they like to play, what is their favourite animal, what's their favourite food, anything to get them talking. This makes the first session less daunting for the child because they know someone. Sometimes parents are nervous for their child so this is a good opportunity for the parents to ask any questions, get reassurance and get to know you as a coach.



2. **Ask** – Asking questions like what the child wants from the sessions and what they like doing will give you insight into how to tailor the session to meet their needs. It's also important to ask parents questions and keep an open communication with them so you can understand if there are any issues that might impact the child.



3. **Listen** – Listening to what the child has to say and acting on their requests, or explaining why they can't be fulfilled are small but important steps to building trust. If a child feels listened to, they know that you value what they have to say and they will have the confidence to keep sharing.



4. **Understand** – Every child is different; every experience is different and understanding this and going at the pace of the child will help them feel comfortable and safe. Being pushed outside of comfort zones too soon will have an impact on confidence. Going at the pace of the child, giving them space to observe and slowly integrate themselves into the group or activity will help them build confidence.



5. **Check-in** – Once you have built a trusting rapport with the child keep checking in with them, keep asking questions, keep being interested and give them positive feedback on their achievements.