



Supporting students' return-to-school: The role of solution-focused coaching

A concussion is an evolving injury. Regular conversations with the student can be useful. A student might not be able to articulate their thoughts, feelings or needs, or practically speak with teachers or administrators on a daily basis. Using a [strengths-based approach](#) to having conversations with the student can be helpful. One strengths-based approach is solution-focused coaching.

In a [solution-focused coaching conversation](#), the student is supported to think about what they want (rather than what they don't want), what is working (rather than what is not working), what they can do (rather than what they can't do), and what ideas they already have for how to make things better.¹

Solution-focused coaching can be helpful for teachers supporting students returning to school after their concussion because it is:

Individualized



Students are supported to find solutions and strategies that work for them. Although there are many commonalities among students who are returning to school after a concussion, each student will have different symptoms, unique family and school circumstances, their own preferences, and thoughts and feelings on what is important to them.

Empowering



Students are supported to identify their own solutions and take ownership of their own successes.

Possibility-oriented



Students with concussion already know what they can't do, and thinking and talking about that can be disheartening. Solution-focused coaching supports students to identify what they can do, which can help students feel hopeful and optimistic.

¹ Baldwin P, King G, Evans J, McDougall S, Tucker MA, Servais M. Solution-focused coaching in pediatric rehabilitation: An integrated model for practice. *Phys Occup Ther Pediatr.* 2013;33(4):467-83.

