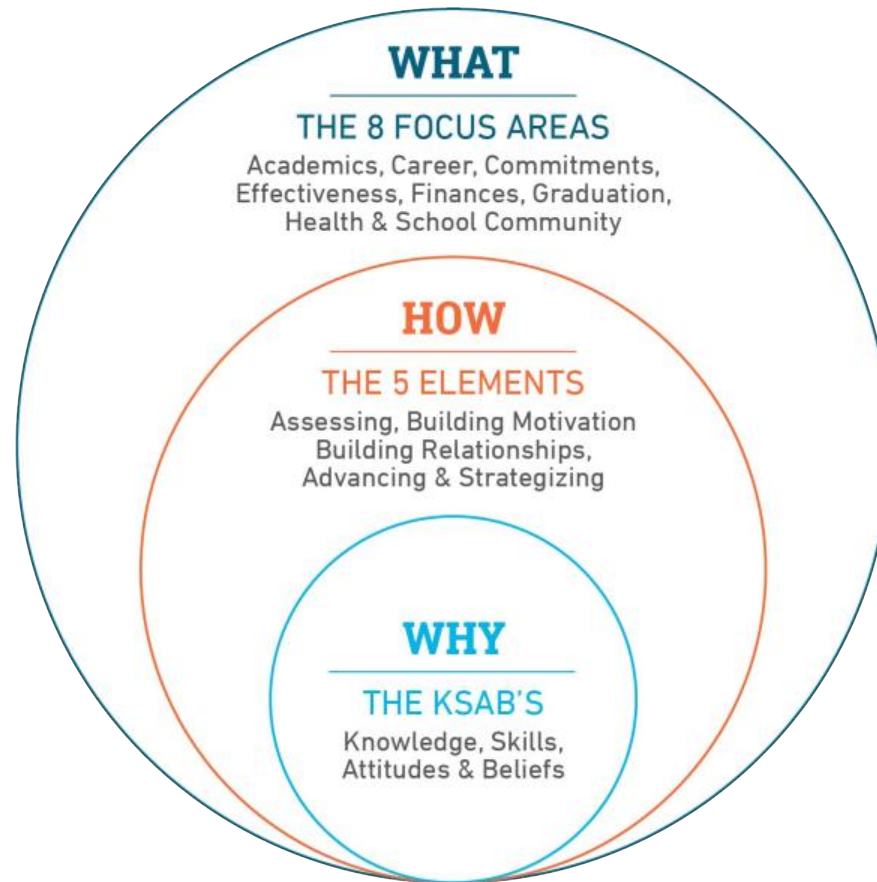


**insidetrack,**

# Coaching Model Overview

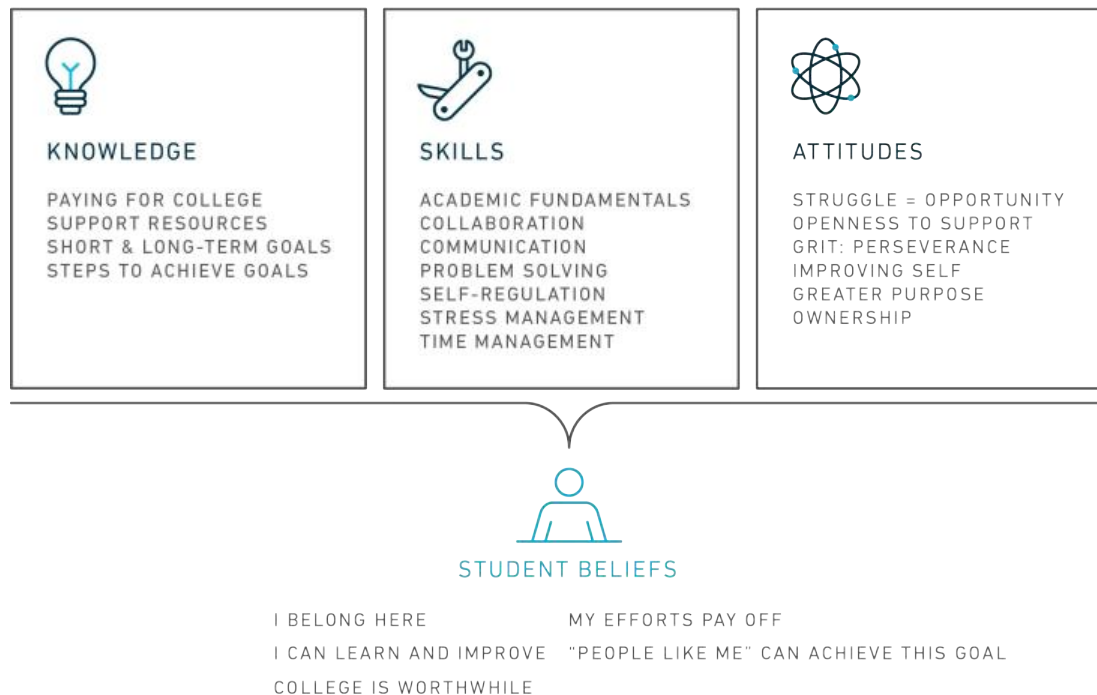
# OVERVIEW: The Why, How, and What of the InsideTrack Coaching Methodology



# WHY: Our methodology focuses on understanding and developing students' abilities and mindset

Coaching supports development of specific knowledge, skills, attitudes and beliefs for success in college and beyond

## KNOWLEDGE, SKILLS, ATTITUDES AND BELIEFS



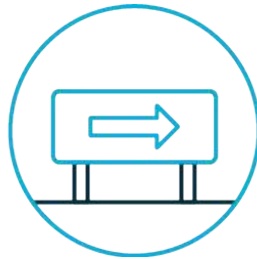
# HOW: The elements of our coaching model reflect the skills we use to develop student KSABs



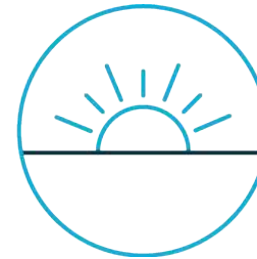
BUILDING  
RELATIONSHIPS



ASSESSING



ADVANCING



BUILDING  
MOTIVATION



STRATEGIZING

# WHAT: Coaches use Focus Areas to assess students strengths, opportunities and red flags

