

Supportive Behavioral Coaching (SBC): Building Out Ideas for Applying It to Triple P South Carolina

SBC uses constructive and positive feedback, linked to specific behaviors and based on observing them, to improve performance of those behaviors over time.

Some of you may work directly with Community Leadership & Implementation Teams. Others may work to support those who do. Depending on your role in TPSC, think about how you might apply SBC. Start and continue to jot down ideas, and log what is happening and your reflections over time.

Experiential Learning Activities

THOUGHTS, IDEAS <i>(replace prompts with your ideas)</i>	What is happening? (Date your updates week to week)
<p>Who are you working with?</p> <p>What are you working on with them?</p> <p>What behaviors are you aiming to strengthen? <i>Refer to the Implementation Capacity Domain Ref Docs.</i></p> <p>What activities might lend themselves to your applying SBC? Why? What are you looking for?</p>	

Observation

THOUGHTS, IDEAS <i>(replace prompts with your ideas)</i>	What is happening? (Date your updates week to week)
<p>What opportunities are there to “witness” the behaviors you are looking for?</p> <p>How might you do to be able to “witness” them in action? Can you observe yourself? (i.e., in person, via video or audio tape)</p> <p>What would you need, want to know in order to “witness” second-hand?</p>	<p>Responses by recipients, thoughts and/or questions for follow-up?</p>

Behavioral Feedback

THOUGHTS, IDEAS <i>(replace prompts with your ideas)</i>	What is happening? (Date your updates week to week)
<p>Given what you are looking to see and hear,</p> <p>On what might you base positive feedback? What might you see and/or hear and want to reinforce?</p> <p>On what might you base developmental feedback? What might you see and/or hear and want to lift up to strengthen?</p>	<p>Responses by recipients, thoughts and/or questions for follow-up?</p>

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Reflective Practice & Self-Regulation	
<p>THOUGHTS, IDEAS (<i>replace prompts with your ideas</i>)</p> <hr/> <p><i>Given your considerations of feedback,</i> How might you help with whom you are working to accept positive feedback?</p> <p>How might you help with whom you are working to engage in change talk? Think about O.A.R.S & D.A.R.N.C.A.T</p> <p>How might you engage them in self-regulation of the behaviors on which you are focused?</p>	<p>What is happening? (Date your updates week to week)</p> <hr/> <p>Responses by recipients, thoughts and/or questions for follow-up?</p>

Joint Action Planning	
<p>THOUGHTS, IDEAS (<i>replace prompts with your ideas</i>)</p> <hr/> <p><i>Given best practices in what you are addressing,</i> What priority next steps might be on your radar? For addressing what?</p> <p>How can you ensure collaborative goal setting and buy in with whom you are working?</p> <p>What existing implementation support activities and resources might lend themselves to concrete action planning to address defined goals?</p> <p>Where might “trying things out” [again] happen to work on next steps? What might follow-up involve?</p> <p>Who [else] might need to be involved?</p>	<p>What is happening? (Date your updates week to week)</p> <hr/> <p>Responses by recipients, thoughts and/or questions for follow-up?</p>

FEEDBACK LOOPS:

You are not in this alone! Who else needs to know about the learning, “ahas”, and “I need help with this?” moments that you are experiencing in these SBC Practice & Feedback sessions?

What do they need to know about what you are learning? How can others help you?

Use the space below to jot down thoughts about:

Who? What do they need to know? Why? How can we ensure they get this feedback?

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