

Compass Coaching

What is Compass Coaching?

Compass Coaching provides a structured, action-oriented framework to effectively and empathically steer expatriate children and their families through the potentially turbulent times of an international move. It is ideal for any stage of transition, whether you're just about to leave, or still finding your feet somewhere new. Compass Coaching is perfect for kids aged 9-18.

What are the benefits?

What kids get out of it: a fun, non-judgmental coaching experience to create positive and practical strategies to tackle the challenge of moving overseas.

What parents get out of it: reassurance that your child is being supported to focus on forward movement through the transition process, which might include adjusting to changes, dealing with feelings and settling in well.

How is this different from counselling?

Coaching works on the basis that a client is generally positive and in a good frame of mind. The coaching process leads with an action-oriented approach to help people achieve their goals, which in this case could arise from uniquely expatriate experiences. Compass Coaching follows the 11 core competencies (read more here: goo.gl/ugracj) from the International Coach Federation (ICF).

What can I expect from a coaching session?

Compass Coaching draws on Dr. Sarah Whyte's years of experience as a teacher to use a range of activities within a structured framework. Some examples of different activities children can expect to use during a coaching session include drawing, role play, puppets, activity sheets or mindfulness exercises.

Why choose Dr. Sarah Whyte?

Thanks to her years of experience as a teacher in an international school and an expat in Singapore, Sarah is uniquely positioned to understand the complexities and challenges of moving overseas and staying behind as friends leave. Her doctoral thesis on connecting emotional intelligence to support Third Culture Kids and her ICF Associate Certified Coach qualification allow her to offer the academic knowledge and practical tools for positive impact. Sarah's experience as a primary school teacher is a huge advantage, as it allows her to meaningfully connect with children, quickly setting them at ease to create a high-trust relationship.

Get started now! Email sarah@sarahwhyte.com.sg

