

THRIVING UNDER PRESSURE: Coaching strategies for Title IX practitioners

Mindfulness is examining who we are, questioning our view of the world and our place in it, cultivating some appreciation for the fullness of each moment we are alive. Most of all, it is paying attention and being fully and nonjudgmentally present. (Kabat-Zinn)

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COACHING MODELS & COMMUNICATION TOOLS

- Marshall Rosenberg's Nonviolent Communication <https://www.nycnvc.org/what-is-nonviolent-communication>
- Bay area nonviolent communication blog <https://baynvc.org/blog/>
- Brooke Castillo self coaching model <https://thelifecoachschool.com/self-coaching-model/>
- Kayleigh Steel (2018) https://www.physio-pedia.com/File:Effective_Communication_Cycle.jpg (circle cycle image, top left)
- Institutional Betrayal <https://dynamic.uoregon.edu/jjf/articles/sf2014.pdf>
- Institutional Courage <https://www.institutionalcourage.org>

PODCASTS

- Life Coach School <https://thelifecoachschool.com/podcasts/>
- Nonviolent Communication <https://psychologypodcast.libsyn.com/155-a-mindful-approach-to-nonviolent-communication>
- A List of Positive Psychology Podcasts <https://positivepsychology.com/positive-psychology-podcasts-apps/>
- Thought Management Podcast <https://thelifecoachschool.com/podcast/19/>
- On Begin Podcast <https://onbeing.org/blog/race-and-healing-body-practice/>

VIDEOS

- Brene Brown TedTalk, Power of Vulnerability <https://rb.gy/5t2zx2>
- Kristen Neff TedTalk, self compassion <https://youtu.be/lvtZBUSplr4>
- GROW Model, <https://youtu.be/K3iJwoydBbg>
- Charles Hunt, Trauma & Resilience https://youtu.be/3qELiw_1Ddg

MINDFULNESS

- 20 Reasons for Mindfulness: <https://rb.gy/mjagib>
- Clearing the mind: <https://zenhabits.net/>
- Mindfulness articles: <https://www.mindful.org/>

POSITIVE PSYCHOLOGY

- Exercises: <https://positivepsychology.com/17-positive-psychology-tools-dskj/>
- Client Workbook. <https://positivepsychology.com/wp-content/uploads/Positive-Psychology-Coaching-Workbook-for-Client.pdf>
- Practitioner Workbook <https://positivepsychology.com/wp-content/uploads/Positive-Psychology-Coaching-Instruction-Manual-for-Practitioner.pdf>
- GROW Model <https://rb.gy/ktvvg0>

ROLE OF TIXC

- 2015 TIXC Resource Guide OCR <https://www2.ed.gov/about/offices/list/ocr/docs/dcl-title-ix-coordinators-guide-201504.pdf>
- ATIXA Resources <https://atixa.org/resources/free-resources/whitepapers/>

ADDITIONAL READING & RESOURCES

- Post traumatic Growth description <https://www.apa.org/monitor/2016/11/growth-trauma>
- Self assessment: Stress <https://cvm.ncsu.edu/wp-content/uploads/2015/07/StressSymptomChecklist.pdf>
- Tips to control thoughts <https://www.wikihow.com/Control-Your-Thoughts>
- Freyd, Jennifer. "When sexual assault victims speak out, their institutions often betray them," The Conversation (2018) <https://theconversation.com/when-sexual-assault-victims-speak-out-their-institutions-often-betray-them-87050> (includes list of 10 things institutions can do)



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