1:1 Coaching

**Key Goals**
Increase self-efficacy, increase executive function skills fundamental to setting and achieving goals

**Overview**
Community Mental Health Ambassadors (CMHAs) provide 1:1 coaching to support participants in setting and achieving personal, family, or employment-related goals. Coaches take a strengths-based, family-centered approach, which draws from Career-Life Coaching and Family-Centered Coaching (developed by The Prosperity Agenda and W.K. Kellogg Foundation). The coach and participant engage as partners in a goal-setting process that repeats. The model entails:

- Initial coaching sessions: the coaching approach is introduced, rapport is built, family and individual strengths are identified, and goal setting begins
- Subsequent coaching sessions: coach and participant review progress since the last coaching session and set a new action plan with doable steps (SMART goals)

**Intended Audience**
Adults motivated to learn skills for setting, pursuing, and attaining goals.

**Format**
Frequency and number of coaching sessions may be individualized, although recommended to be no more than once/week. Coaching sessions 1 and 2 are recommended to be 45-60 minutes and face-to-face; subsequent sessions may be 20-30 minutes and either face-to-face or by phone.

**Technical Equipment & Space Requirements**
- Video (with means for secure storage of video files) and audio recording device
- Private office space with a table, in which coach and participant can comfortably meet

**Incentives**
None

**Key Outcomes**
Depressive symptoms, self-efficacy, goal-setting skills, executive function skills

**Fidelity**
- Treatment adherence: use of core coaching tools/worksheets (e.g., SMART Goals)
- Quality of delivery: core competencies/skills exhibited by the coach
- Exposure and participant adherence: attendance