

Pathways to Success @ University Programme

DCU
SS&D

DCU Student
Support &
Development

Due to an increase in students registered in DCU since 2008, leading to an increase in students using our supports and services, we wanted to explore a more pro-active approach to developing students. We explored life coaching as a model to working with students to develop resilience and confidence. As a result four members of staff have qualified as Executive & Life Coaches with a Professional Coaching & Ethics Level 6 qualification. The Pathways to Success @ University Programme was developed using the Co-Active Coaching model and is available to all students to attend.

Programme

Week 1 - Beginning your journey / Setting Goals

Benefits of this workshop include achieving greater awareness and understanding of what you need to do to be successful, create a pathway to reach your potential and goals. It also increases confidence and self-esteem whilst learning to live in the 'here and now'.

Week 2 - Finding your way / Building Structure

Benefits of this workshop include learning how to build success and maintain it whilst staying on the pathway to reach your potential and build confidence and self-esteem.

Week 3 - Building Confidence & Resilience

Benefits of this workshop include achieving greater awareness of your self-limiting beliefs, create positive empowering thoughts that will assist in goal setting and develop self-worth and self-esteem by building healthy boundaries.

Week 4 - Reaching your Potential / Achieving your Goals

Benefits of this workshop include identifying and acknowledging your strengths, being creative with change and acknowledging their own successes.



I left each week with a different mind-set as to when I went in, feeling positive and inspired along with regaining a sense of self-empowerment. An excellent way to finish off any week.

Information/Details

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