

# LENA GROW<sup>®</sup> Coaching Session Guide

## How to use this guide:

- **LENA Grow coaching is flexible.** This guide is to support anyone wanting to reflect deeper using their LENA data. It can be used once, twice, or every week!
- **A coaching session should occur AFTER a teacher completes their app session.** If a teacher has not completed their app session in advance of coaching, they could complete it alongside the coach if needed.
- **A coaching session may be with a coach, a center director, a peer mentor, etc.** Teachers may also use this guide with colleagues during planning or PLC time.
- **Choose questions that work best for you.** Most coaching conversations last 30–60 minutes, so time considerations may help determine how much to explore.

## Before a coaching session

Teachers should complete their LENA app session first. Before coaching, they would have:

- Viewed their LENA data.
- Seen progress made towards last week's goal.
- Set a new goal.
- Reviewed strategies for increasing conversational turns.

**LENA Online “Site Managers” (coaches, center directors, etc) can access reports and view a summary of the app session in advance.**

- Open the Group from the main dashboard in LENA Online.
- Click “View reports” (*reports open as a PDF in a new tab*).
- Download reports to print, save, or email.
- Reports include a summary of each app session, plus Room and Child reports.

## Coaching Session Questions

### 1. 💡 Reflect on the LENA Day

*Invite the teacher to reflect on their LENA Day experience. Help them think back on what happened during the day, what worked well, and what felt challenging.*

- a. How did your LENA Day feel overall?
- b. Was there anything notable that may have influenced the data?
- c. What changes have you noticed in your routines or in specific children so far?

### 2. 🧠 Think critically about the data

*Support the teacher in making sense of their data. Help them consider how the data reflects the story of their classroom and where it may not tell the full story.*

- a. What did you notice first when you looked at the report?
- b. What felt surprising, confusing, or exciting?
- c. What matched your expectations? (Hint: what was happening each hour?)

### 3. 🙌 Tune in to strengths

*Identify what is working. Emphasize that impact can show up in multiple ways (e.g. increased turns, classroom climate, ease of routines).*

- a. What changes have you made that seem to be having a positive impact?
- b. What interactions felt most successful, natural, or joyful?
- c. What do you think made those moments work well for you and the children?

### 4. 🔍 Focus on individual children

*Guide the teacher to think about interactions at the child level. Reinforce that each child represents a unique relationship and opportunity for connection.*

- a. What patterns do you notice across children or routines?
- b. Who might benefit from more intentional engagement?
- c. What would “one more turn” look like with a specific child or moment?

### 5. 📋 Action planning

*Support the teacher in reviewing their current goal and making a clear, achievable plan for moving forward. Some goals may take more than one week to reach.*

- a. What small adjustment could add more turns to a routine you already have?
- b. Which strategies or Talking Tips feel most natural for your teaching style?
- c. What support or reminders might help you stay focused on your goal this week?