



**INTERNATIONAL  
INSTITUTE OF  
INFLUENCERS**



# PROJECT REPORT

**Name of the Course: INTERNATIONAL MASTER DIPLOMA IN GUIDANCE & COUNSELING**

**Conducting Organisation: International Institute of Influencers (III)**

**Title of the Project: Guidance-Coaching & Counselling (GCC)**

**Criteria for doing the project: Structured Approach & Analytical Evaluation for Workplace Through Guidance-Coaching & Counselling**

**Submitted To: SHAMA Hussain, Founder & CEO of III**

**Date of Submission: August 17,2024**

**Name of the Candidate: Helen T. Tadena**

**Name of the Organisation: Fairview Elementary School**



"Every exceptional coach and mentor is fuelled by the bravery to transform, the wisdom to guide, and the heart to make a significant difference in the world."

**HELEN T. TADENA**  
FAIRVIEW ELEMENTARY SCHOOL

**DR. SHAMA HUSSAIN**  
Founder Director and Global CEO III,  
Founder and Chairperson  
Gulf Skill Pioneer Oman



**"A teacher affects eternity; they can never tell where their influence stops."** This quote by Henry Adams resonates deeply with me as I reflect on my nearly 23 years as a classroom teacher. Throughout my career, I've witnessed how teaching extends far beyond the classroom walls, shaping not only the minds but also the lives of students and colleagues alike. My journey has been one of growth, transformation, and learning, both as an educator and a mentor.

When I first started teaching, my approach was quite different from what it is today. As a young teacher, I found it difficult to tolerate when students would talk or not listen during class. My immediate response was often to shout at them. At that time, corporal punishment was still permitted, and I resorted to it, especially with my Grade 6 students, who often exhibited challenging behaviors. Some were spoiled, some were bullies, and others were boastful. I lacked the skills and strategies to manage these behaviors effectively.



In the early years of my career, I didn't prioritize furthering my education because I was focused on supporting my brother, who was living with me while he pursued his studies. However, once he graduated, I realized it was time to invest in my professional development. I enrolled in a master's degree program where I met other teachers and exchanged ideas and strategies for classroom management and discipline. This experience was eye-opening and made me realize that teaching Grade 6 was one of the most challenging levels.



During this program, I absorbed new ideas and approaches from my classmates. More so when Ms. Tess invited me to join a special program at the III International Institute of Influencers. Initially, I was hesitant due to my hectic schedule. Alongside my teaching responsibilities, I serve in our church, Our Lady of La Salette, as a Lector and Commentator. Additionally, I was the SBM Coordinator, Gender and Development (GAD) Coordinator, a Grade 6 adviser, and the Grade Level Coordinator for English. Despite these commitments, Ms. Tess's persistence convinced me to enrol in the program, and I'm grateful that I did. I learned so much from Dr. Shama Hussain, a dedicated educator/influencer/mentor who imparted valuable knowledge.



This program led me to enrol in another course, Guidance-Coaching & Counselling (GCC), which had a profound impact on my career. Dr. Shama's insights were transformative, shifting my mindset and broadening my perspective. I began to see the benefits of working with international students and realized that teaching is not just about imparting knowledge but also about understanding and guiding others.

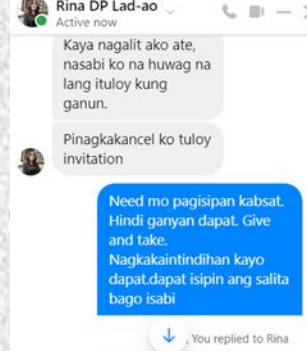
The GCC course deepened my understanding of how to handle children, and I'm incredibly grateful to have an instructor who is not only kind and understanding but also an exceptional coach and leader. My journey as a teacher has been filled with challenges, but it has also been incredibly fulfilling as I continue to evolve and grow.

However, my role extends beyond teaching. I have embraced the role of a coach and mentor, not just to my students but also to my co-teachers. I'm the person they turn to when they face problems—whether it's a classroom issue or something more personal, like a family problem. They know they can approach me at any time, not because I have all the materials or resources, but because I offer genuine

support and understanding. I listen, advise, and help them find solutions. Being that go-to person, the one who can be trusted to help solve problems, is something I take great pride in.

One memorable experience involved Rina, a co-teacher who often calls me “Ate” and looks up to me as an elder sister. On May 25, 2024, at 7:40 PM, she reached out to me through chat, upset and in need of advice about her upcoming wedding. Rina was at home, crying, and asked if I had a minute to talk. She explained that she had just told her fiancé, Ryan, that they might need to call off the wedding due to an argument. Ryan had gone back to the province to prepare for the wedding, and when he found out that everyone in their barrio already knew about it, he became angry, accusing Rina and her mother of spreading the news. Ryan felt that Rina was trying to control all the decisions about the wedding, which led to a heated argument.

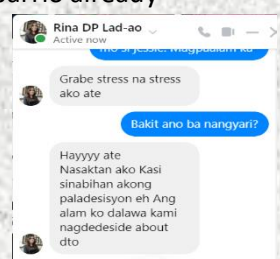
I advised Rina not to make decisions in anger and to think things through carefully. She admitted that Ryan had shouted at her, which made her question whether they should still go through with the wedding. I encouraged her to pause and pray, and then we discussed how she could address the situation. Rina wanted a happy wedding and a strong start to her marriage, so I asked her to reflect on what might be causing Ryan’s reaction. She believed that Ryan was stressed about everything being perfect. I suggested that she try talking to him again, calmly, and explain that neither she nor her mother spread the news—it was his relatives who unintentionally did so when they were asked to prepare firewood for the wedding.



Rina decided to approach Ryan when he wasn’t stressed and to stay calm during the conversation. Her goal was to help Ryan understand her perspective and move past the issue. A few days later, Rina thanked me, telling me that after their talk, Ryan understood it wasn’t her fault, and they decided to go through with the wedding. To my surprise and joy, she asked if I would be their Godmother, which I happily accepted.

Reflecting on my journey, I see how far I’ve come—from a young teacher struggling to manage a classroom to a seasoned educator and mentor who embraces growth and change. My journey has been filled with challenges, but each one has shaped me into the teacher I am today. I’ve learned that compassion, patience, and a willingness to adapt are far more effective than the old ways of discipline. Now, I take pride in not only teaching my students but also guiding my colleagues and supporting them through their own challenges.

As I continue to evolve, I am reminded that education is not just about imparting knowledge; it’s about building relationships, understanding others, and fostering growth in every individual I encounter. My experiences have taught me that the true essence of teaching lies in the connections we make and the lives we touch. And for that, I am deeply grateful.





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