



**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) GROW MODEL

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

Submitted To: SHAMA Hussain, Founder & CEO of III

Date of Submission: August 30, 2024

Name of the Candidate: Jezreel B. Caballero

Name of the Organisation: Flora A. Ylagan High School



Jezreel B. Caballero

Teacher I

Values Education (EsP)

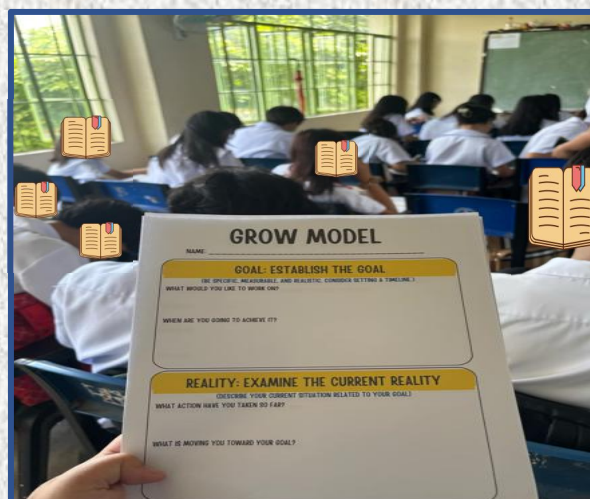
Quezon City, Philippines

***"If you stop learning today, you will stop
teaching tomorrow" - Dr. Howard Hendricks***

GROW MODEL

I facilitated a Values Education session for Grade 9 Section C- students using the GROW model, a coaching framework designed to help individuals set goals, assess their current reality, explore options, and create actionable plans. The aim of this session was to equip students with a structured approach to goal setting and personal growth, fostering their ability to think critically about their objectives and the steps needed to achieve them.

This section is known for being academically strong and serious about their studies, so I thought the GROW model would be very helpful for them. I gave the students a GROW model worksheet and asked them to take it seriously. After they filled it out, I coached them one-on-one based on what they wrote. The students responded well to the activity—some of them opened up more than I expected, and many were excited about the one-on-one coaching. This experience showed me how valuable the GROW model can be in helping students set and reach their goals.



GOAL : ESTABLISH THE GOAL

Based on the students' answers, the common goals they have are:

1. Achieve Their Dream Profession:

- Many students aim to reach their desired profession or dream job. They want to become highly successful in their chosen field, leveraging their strong academic performance.

2. Improve Themselves:

- Several students want to focus on personal development, working on improving themselves and their skills further.

3. Care for Mental Health:

- Some students are concerned about their mental health and wish to find ways to manage and take care of it.

4. Excel in Sports:

- A few students are passionate about sports and aspire to become professional athletes.

These goals reflect their ambition to not only excel academically but also to achieve personal growth and well-being.

REALITY: EXAMINING THE REALITY

The students are excelling in their studies and are very serious about their future careers. They are highly motivated but face several challenges. These include balancing their schoolwork with personal interests and self-care, managing stress, and dealing with mental health issues. Additionally, some students are seeking opportunities to enhance and practice their sports skills and prepare for their dream jobs.

OPTIONS: EXPLORE THE OPTIONS

To achieve their dream professions, students can start by setting clear academic and career goals, and seek advice from teachers and industry professionals. Joining relevant clubs, internships, or part-time jobs related to their career interests can provide practical experience and motivation. Collaborating with study partners or groups can also help them stay focused and learn effectively.

For personal growth, engaging in activities like workshops or new hobbies can be beneficial. Reflecting on their progress through journaling or counseling, and seeking feedback from teachers and mentors can further aid in their development. To manage mental health, students can use stress-relief techniques such as mindfulness, meditation, or regular exercise. Talking with friends, family, or school counselors about their feelings can provide support, and making time for relaxation and self-care in their daily routine is essential.

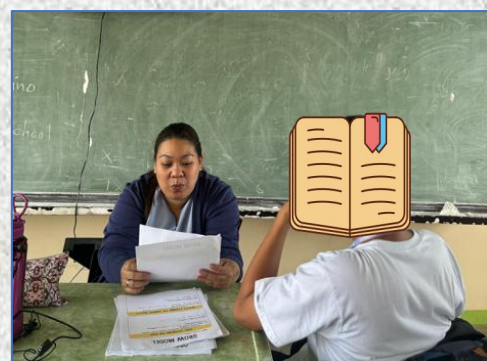
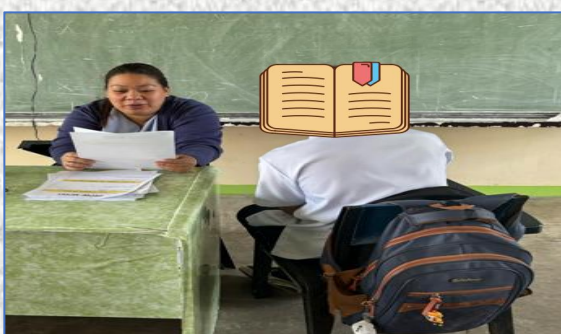
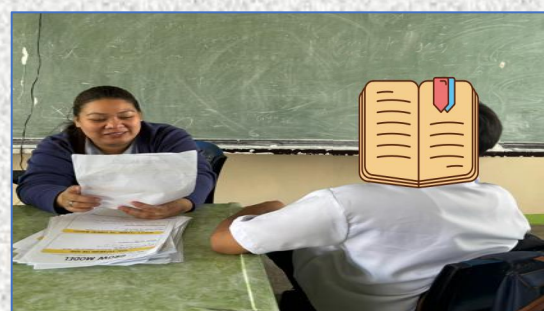
For excelling in sports, creating a structured training plan that includes regular practice, good nutrition, and rest is important. Joining local sports teams or clubs can offer valuable experience, and setting specific sports goals with guidance from coaches or experienced athletes can help them achieve their ambitions.

WAY FORWARD / WILL: ESTABLISH THE WILL

To move forward, students should clearly define their goals in each area—academic, personal growth, mental health, and sports. They should develop a timeline for reaching these goals and set deadlines to stay on track. Regular check-ins with teachers, mentors, and counselors can provide ongoing support and advice. Monitoring their progress and adjusting their plans as needed will help them stay on course. Finally, maintaining a strong commitment to their goals, celebrating their successes, and learning from any challenges will ensure they make steady progress and achieve their aspirations. This structured approach will help students address their current situation, explore various options, and create a clear path forward.

At the end of the session, students were asked to reflect on their experience with the GROW model. Their reflections showed that they found the model helpful for organizing their thoughts and making their goals feel more achievable. Here are some key insights:

- **Increased Clarity:** Students said the GROW model helped them understand their goals better and see the steps they need to take to reach them.
- **Confidence Building:** Many students felt more confident about achieving their goals after breaking them down into smaller, manageable steps.
- **Awareness of Challenges:** Evaluating their current situation helped students spot potential obstacles and plan how to deal with them.



MY JOURNEY WITH III- INTERNATIONAL INSTITUTE OF INFLUENCERS

I completed my degree in AB Psychology with a strong desire to pursue career in guidance and counseling. However, my journey took a different path as the Lord guided me towards teaching, a passion I've had since childhood. After earning my teaching license, I began my career as a public school teacher, where I have now been teaching for seven years.

As I grew in my faith and became more involved in my church community, I became deeply engaged in teaching and mentoring others through discipleship. This experience broadened my understanding of guidance, counseling, and coaching, and further fueled my passion for helping others grow. I've also participated in counseling at our church and extended the same support to the younger ones. At school, I often find myself counseling students who open up to me, seeking guidance or just someone to talk to. These interactions reignited my love for guidance and counseling, inspiring me to pursue courses in this field.

My introduction to the III International Institute of Influencers came through my master teacher and mentor, Mrs. Brenda Cairo. Her encouragement and belief in the value of this course convinced me to pursue it without hesitation. I see this as a marvelous opportunity to further develop my skills and knowledge in guidance and counseling, a field that I have grown to love and am eager to explore more deeply.

The course offered a wide range of topics that helped me understand counseling and coaching more deeply. Each lesson gave me new ideas and practical skills that I could use right away in my work as a teacher and mentor.

As I went through the training, I noticed myself becoming more confident. The structured approach of the course helped me improve my skills and allowed me to offer better support to my students and mentees. The discussions, case studies, and interactions with other participants added to my learning and made me feel connected to a community of like-minded people.

One of the most important parts of this journey was the chance to reflect on my growth as a counselor and coach. The course encouraged me to think about my strengths and areas where I could improve, helping me become more aware of how I work with others. This reflection has been key to shaping who I am as a professional and has strengthened my commitment to helping others.

As I near the end of this course, I can say that my journey with III has been truly rewarding. It has deepened my passion for guidance and counseling and given me the tools I need to make a positive impact on those I help. This experience has reminded me of the importance of always learning and growing.

GROUP 11 – "5 C's in Coaching and Mentoring"



Perpetua C. Ruiz



**Arlene B. Rocacurva, PhD
MODERATOR**



Brenda B. Cairo



Dr. Cherry D. Follosco



Jezreel B. Caballero

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Founder & Global CEO I.I.I

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