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PROJECT REPORT

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

Conducting Organization: International Institute of Influencers (III)

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

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

Submitted To: SHAMA Hussain, Founder & CEO of III

Date of Submission: August 31, 2024

Name of the Candidate: MERCY D. DUQUE

Name of the Organization: Krus na Ligas Elementary School



"Do not bother yourself about what is going to happen instead think and act in such a way that you can determine and control the outcome that is required".

Mercy D. Duque



**Dr Shama
Hussain**

FOUNDER AND CEO OF
INTERNATIONAL INSTITUTE
OF INFLUENCERS
SHE TALKS ABOUT WHAT
INSPIRES HER

Coaches typically have a goal driven approach aimed at guiding clients towards achieving targets in a structured and short-term manner. On the hand Counselors tend to prioritize emotional and psychological well-being by delving into past experiences and addressing deeper issues through a more therapeutic and long-term process. Both roles offer value based on an individual's requirements; be it for personal or professional development through coaching or for emotional and psychological care, through counseling.

In the role of a teacher and coach simultaneously supports students in establishing both personal and academic objectives, they assist students in monitoring their advancements and contemplating on their educational encounters This fosters a mindset for development wherein students grasp challenges as chances, for development.

Teachers who act as a coach empower students to take charge of their learning journey by fostering independence and guiding them to take ownership of their progress and development of skills and self-assurance in managing their academic path. In a coaching setting students frequently acquire abilities, like self-control, perseverance and flexibility that hold significance outside the classroom setting.

When educators take on the role of a coach of relying solely on conventional teaching they help students develop into proactive and independent learners. This approach not only boosts academic achievements but also prepares students with essential skills, for continuous learning throughout their lives. If a teacher acts as a counselor in addition to a teacher, he or she is not only responsible for the academic well-being of learners but also for their psychological well-being.

That is why the teacher can set clear expectations that prevent undesirable behavior, and help students learn to care about one another and ask for help when needed. Whenever a teacher assumes the responsibility of a counselor, he or she is in a position to facilitate the psychological and emotional development of the learner. This approach helps to create a learning environment that is nurturing to help the student feel appreciated; this improves their performance and development.

A Day in a Coach Life

Interviewer: Thank you for joining me today. To start, could you share a bit about your background and what led you to become a coach?

Coach: Sure! I've always been passionate about sports and helping others achieve their potential. I started playing basketball at a young age, and as I grew older, I realized I

wanted to help others experience the same joy and success I did and after gaining some experience as an assistant coach, I decided to step into a head coach role.

Interviewer: What does a typical day look like for you as a coach?

Coach: My days are quite varied. Typically, I start with a morning team meeting or training session, where we focus on drills and strategy. Afternoons might involve individual player meetings, analyzing game footage, or planning for upcoming matches. Evenings often include additional practice or team activities. It's a mix of on-field work, strategy, and administrative tasks.

Interviewer: What are some of your core responsibilities as a coach?

Coach: My main responsibilities include developing training programs, creating game strategies, motivating and supporting players, and managing the overall team dynamics. I also handle scouting, recruiting, and sometimes, communicating with media and sponsors.

Interviewer: What have been some of the biggest challenges you've faced in your coaching career?

Coach: One significant challenge is managing team dynamics, especially when dealing with diverse personalities and expectations. Balancing the needs of individual players with the overall team goals can be tough. Another challenge is handling the pressure of high-stakes games and maintaining performance consistency.

Interviewer: Can you share a particularly memorable moment or success story from your coaching career?

Coach: Absolutely. One of my most memorable moments was leading our team to championship. The dedication and hard work of the players and staff made it a truly rewarding experience. Seeing the team's growth and success was incredibly fulfilling.

Interviewer: How do you balance the demands of coaching with your personal life?

Coach: Balancing coaching with personal life can be challenging. I try to set clear boundaries and make time for family and personal interests. It's important to manage time effectively and ensure I'm not overextending myself. I also make an effort to practice self-care and engage in activities that help me unwind.

Interviewer: Has being a coach impacted your personal life or relationships in any significant way?

Coach: Yes, coaching has certainly influenced my personal life. It requires a significant time commitment, which can sometimes strain relationships. However, I've been fortunate to have supportive family and friends who understand the demands of the profession. It's a constant balancing act.

Interviewer: What are your future goals and aspirations as a coach?

Coach: I'm always looking to improve and grow in my role. In the future, I hope to continue developing as a coach, perhaps by taking on new challenges or working with different teams. I'm also interested in mentoring younger coaches and contributing to the development of the sport at various levels.

Interviewer: What advice would you give to someone aspiring to become a coach?

Coach: My advice would be to gain as much experience as possible, whether through coaching at different levels, working with mentors, or studying the game thoroughly. Passion, resilience, and the ability to adapt are crucial qualities. It's also important to build strong relationships with players and staff and continually seek to learn and improve.

Interviewer: Looking back on your career, is there anything you wish you had done differently?

Coach: There's always room for growth, but I'm generally satisfied with my journey. If anything, I might have pursued additional training or certifications earlier on to enhance my skills. However, each experience has contributed to my development as a coach.

Interviewer: What legacy do you hope to leave in your field?

Coach: I hope to leave a legacy of positive impact helping players not only succeed in their sport but also grow as individuals. I want to be remembered as someone who truly cared about the players and made a difference in their lives, both on and off the field.

A Day in a Counselors Life

Interviewer: Thank you for joining us today. To start, could you tell us a bit about your background and what inspired you to become a counselor?

Counselor: Absolutely, and thank you for having me. I've always had a passion for helping others and understanding people's emotions and behaviors. After studying psychology in college, I realized counseling was the perfect field for me. I pursued a

master's degree in counseling and completed my internship, which solidified my decision to become a professional counselor.

Interviewer: What does a typical day look like for you as a counselor?

Counselor: My days are quite varied. I usually start by reviewing my schedule and preparing for the day's sessions. Each day involves meeting with clients, either individually or in group settings. I spend time discussing their concerns, developing treatment plans, and tracking their progress. I also allocate time for administrative tasks, such as documenting sessions and planning future interventions.

Interviewer: What are some of the core responsibilities you handle?

Counselor: My core responsibilities include providing emotional support, helping clients develop coping strategies, and facilitating personal growth. I also work on creating and implementing treatment plans, conducting assessments, and coordinating with other healthcare professionals when needed.

Interviewer: What have been some of the biggest challenges you've faced in your counseling career?

Counselor: One of the biggest challenges is dealing with clients who are in crisis or who have complex, deep-seated issues. It can be emotionally taxing and requires a lot of patience and resilience. Additionally, maintaining professional boundaries while forming strong therapeutic relationships can be challenging but is crucial for effective counseling.

Interviewer: Can you share a particularly memorable case or experience that had a significant impact on you?

Counselor: Certainly. One memorable experience was working with a client who had been struggling with severe anxiety. Over time, through consistent therapy and support, the client was able to manage their anxiety more effectively and regain confidence. Seeing their transformation and the positive impact it had on their life was incredibly rewarding.

Interviewer: How do you balance the emotional demands of your job with your personal life?

Counselor: It's important to have strategies in place for self-care. I make sure to set aside time for activities that help me unwind, such as exercise, reading, or spending time with loved ones. I also engage in regular supervision and consultation with colleagues to process my own experiences and maintain a healthy perspective.

Interviewer: How has working as a counselor affected your personal life and relationships?

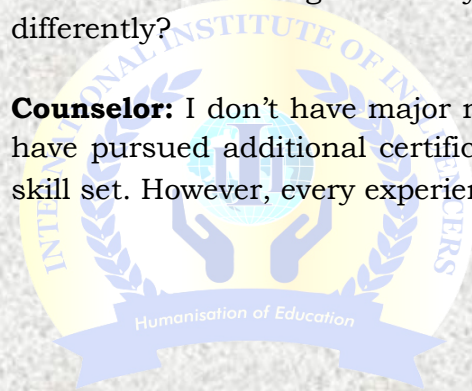
Counselor: Working as a counselor has certainly given me a deeper understanding of human emotions and relationships. It has made me more empathetic and aware of the complexities people face. However, it can be challenging to separate work from personal life, and sometimes I need to be mindful of not carrying the emotional weight of my work into my personal time.

Interviewer: What are your future goals and aspirations in your counseling career?

Counselor: I'm interested in continuing to develop my skills and possibly specializing in a particular area of counseling, such as trauma or family therapy. I also hope to contribute to the field through research or by training new counselors. Long-term, I'd like to explore opportunities for advocacy and systemic change in mental health care.

Interviewer: Looking back on your career, is there anything you wish you had done differently?

Counselor: I don't have major regrets, but if I could do something differently, I might have pursued additional certifications or training earlier in my career to broaden my skill set. However, every experience has contributed to my growth as a counselor.



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