Are you interested in developmental coaching?

Australia as a nation is fortunate to enjoy some of the highest living standards in the world. However, this statistic can disguise the reality that the aspirations and living standards of many young people are detrimentally affected by issues associated with systemic disadvantage within their communities.

At The Helmsman Project, we believe in an Australia where young people, regardless of socio-economic, ethnic or cultural background, are able to flourish and fully achieve their potential.

The Helmsman Project is your opportunity to make a difference in the lives of young Australians. You will get involved in a unique coaching program underpinned by research led by world leaders in coaching psychology and adventure education.
What does it mean to be a coach on The Helmsman Project?

- Make a real difference in the lives of young people from disadvantaged communities
- Receive professional development through supervision
- Learn and experience principles of developmental coaching
- Diversify coaching experience and gain unique perspectives to bring to your practice
- Be involved in a research program overseen by the University of Sydney (Dr Michael Cavanagh) and ACU (Dist. Prof. Herb Marsh)
- Network with coaches and peers
- Opportunity to participate in adventure education experiences

Are you the coach we’re looking for?

We would love to hear from you if you have:

- Passion and commitment to making a positive contribution to our society
- Formal training and/or professional coaching experience
- Interest in developmental learning
- Interest in working with adolescents
- Professional indemnity insurance
- Working with Children Check (free for volunteers)

Coaching enquiries:

www.thehelmsmanproject.org.au
Charmain.obrien@thehelmsmanproject.org.au

Our program

The Helmsman Project, a not-for-profit organisation, runs a coaching program designed to build life skills (hope, self-regulation and resilience) in young people from schools located in communities affected by disadvantage.

Our participants are year 9 adolescents who have potential but are at risk of not fulfilling that potential for a variety of reasons, including socio-economic disadvantage, family issues, etc.

At the core of the initiative is a 13-week coaching program that integrates two intense adventure education blocks to complement the students’ learning process. Following this, students work on the implementation of a community project.

Designed by leading academics and practitioners, the program integrates evidence-based practice in coaching and educational psychology.

Coaching

Coaching on The Helmsman Project is as challenging as it is rewarding. It will stretch and develop your capabilities as a coach.

The coaching program draws on developmental and systems theories. On joining THP, you will participate in a two-day workshop to understand how these are applied in adolescent coaching. Professional supervision sessions and seminars provide on-going learning throughout the program.

As a coach, your work will involve developing young people’s reflective capacity, exploring their strengths and values, identifying meaningful goals and overcoming entrenched thinking that limits their goal striving capacity.

Developing strong rapport and a case conceptualisation of the system in which they live are keys to successful outcomes.

Our research

The Helmsman Project program is delivered in parallel with a research program overseen by Dr Michael Cavanagh (University of Sydney) and Dist. Prof. Herb Marsh (ACU - Centre for Positive Psychology in Education).

The aim of the research (randomised control trial) is to assess the extent to which the target outcomes of the program are achieved and inform future program enhancements.

The Helmsman Project was awarded $300,000 over three years by the Australian Research Council (ARC) to deepen and expand the organisation’s commitment to undertaking high quality research into the impact of adventure-based coaching programs for young people.