



Starting from the Core:

IDENTIFYING YOUR BELIEFS ABOUT COACHING ADMINISTRATORS

BY DR. JILL BELLA

How often do you take the time to examine your beliefs related to your work as a coach? If you are like many coaches in the field of early childhood education, you may not have ever done this. And, even if you have never taken time to reflect on your “coaching beliefs” they still exist. Beliefs are ideas that you cherish and regard highly. They influence your thoughts, how you communicate, decisions you make, and the course of actions you follow. Knowing what you believe about your role as a coach and your beliefs about administrators is critical because it lays the foundation for your work. The following resource, [Beliefs About Coaching Administrators](#), provides an opportunity for you to reflect on your beliefs as well as your attitudes and values about coaching.

POINTS TO PONDER

The [Beliefs About Coaching Administrators Questionnaire](#) is designed to encourage reflection, promote clarification, and build self-awareness in your role as a coach. After completing the resource, you can reflect even more on your role with the following prompts:

- Identify the origin of some of your core values and beliefs about coaching.
- How have your beliefs about coaching positively and/or negatively influenced past coaching experiences?
- Do you want to change any of your beliefs about coaching and if so, how might you begin?

If you are interested in learning more about strategies for coaching, please [contact us](#).

Jill Bella, Ed.D., is Director of Professional Learning for the McCormick Center for Early Childhood Leadership and Assistant Professor of Early Childhood Education at National Louis University (NLU). In these roles, she oversees professional learning, conducts research, and consults for local and state initiatives on the [Early Childhood Work Environment Survey \(ECWES\)](#), the [Program Administration Scale \(PAS\)](#), the [Business Administration Scale for Family Child Care \(BAS\)](#), and leadership topics in early care and education. Dr. Bella is also the co-author of several books and trainer’s guides including *A Great Place to Work* and *Inspiring Peak Performance*.