

PCC Basics 2022

Peer Coaching Circles (PCC) are modeled group in the book *Every Other Thursday* (See Chapter 16, “A Group of One’s Own: Pigs, Contracts and Strokes”). The PCC is a forum to **support others in finding workable solutions to problems** and to build your own coaching and listening skills.

Coaching Circle Roles:

- **Host** - 1) Send out email reminder of meeting a few days prior, 2) Arrive a few minutes early to the meeting to welcome people, 3) Host the meeting overall, 4) Invite each person to work. Remind people to report back on their past contract(s), share their dilemma statement, and make a new contract, 5) Serve as time keeper when the time keeper has work time.
- **Time Keeper** - Keeps track of individual work time and the meeting overall. Indicates when there are two minutes left in a person’s work time. Becomes host for the next meeting.
- **Theme Noter** – Listens for possible emerging themes across people’s work time and suggested resources. Provides a brief summary of these themes and resources at the end of work time. Becomes the time keeper for the next meeting.

What really happens during a meeting?

Each meeting will follow the same structure and has three components.

- A. **Work**. Work time rotates and each person will have the same amount of time (based on meeting length and number attending). Begin with a **dilemma statement** and ask for the kind of feedback you want. Group members next ask **coaching questions**. The timekeeper will indicate when there are two minutes left in your work time, and the host will then invite you to make a **contract**. You will report back on your contract next time at start of your work time.
- B. **Themes**. When all individual work time is done, share themes or patterns.
- C. **Appreciations**. At the end of the meeting, each person shares an appreciation with the group.

Structure of individual work time:

1. Worlds sentence: 1 sentence about your current world, state-of-mind, etc.
2. Prior contract(s) report out
3. Dilemma statement: *I feel [emotion] about [situation] and I want to [goal].*
4. Coaching questions
5. Contract: *For my contract, I will [concrete action] by [timeframe].*

Interaction Guidelines and Expectations:

- PCCs are a problem-solving group and thus **support** others in finding workable solutions to problems themselves rather than *offering* solutions.
- PCCs are a place to start before you are ready and stop before you are finished. It is a safe space for exploring half-baked feelings, ideas, thoughts, concerns, etc.
- Group members will make no judgmental statements, will relinquish expectations of what the other individuals can or should do, and will not insert their own stories into another person’s story/work time.
- Each participant must make a commitment to the group and to themselves to participate in the PCC. PCCs are a regular commitment to reflect on one’s career and work to improve one’s experience. This time and reflection often falls into the important but not urgent

category. Individuals may occasionally have to miss a meeting, but each participant is strongly encouraged to try to make as many meetings as they possibly can.

Members must commit to the following:

- Confidentiality. Everything said and heard in the PCC must remain confidential to create group trust. There must be no element of competition between group members.
- Honesty. Individuals will be honest in presenting their own issues and give honest feedback with care.
- Commitment. Individuals are committed to meeting regularly and actively participating in the process of empowering others and group problem solving.
- Listening. Participants will listen without judgment and with care to reflect what we are hearing and create mechanisms for individuals to find their own best solutions.

Terms you should know...

- **Dilemma Statement** = *"I feel [emotion] about [situation] and I want to [goal]."* Your dilemma can be ANYTHING and any size!
- **Contracts** – Concise objectives at the end of work time. Define a concrete action that will be helpful and likely to happen. *"For my contract, I will [concrete action] by [timeframe]."* These should be phrased as "I will ..." instead of "I should/ought." Contracts can be for any length of time.
- **Appreciations** = Positive observation about someone that usually stems from the work on that call. Appreciations describe something about someone else – not the appreciator. For example, "I liked the feedback you gave today." Or "I liked how you framed your problem." Or "I like the energy you brought to the conversation today." The response to receiving an appreciation is "THANK YOU!"
- **Pigs = PIGS (Personal, Internalized, Gnawing Statements)** PIGS are "internalized oppressions," personal judgments or criticisms. PIGS can be used to let yourself feel bad about yourself instead of changing your behavior. A common characteristic of a pig is "always" or "never" phrasing and "could have" or "should have" regret statements. Some common PIGS include "frog pig" (i.e. fraud pig) and the guilt pig.
- **Rescues** = Rescues are not allowed in coaching circle meetings. What does this mean? Don't solve someone else's problem. Instead offer suggestions and comments to help them solve their problems by themselves. Remember, rather than try to protect someone else, please do not hesitate to ask for what you need.

Sample Coaching Questions:

Coaching questions help the person figure out what will work for them and understand their issue from new perspectives. Sample questions:

- What would success look like?
- What would you like to see or experience moving forward?
- What have you tried so far?
- What support do you want to move forward?
- How do you like to make decisions?
- What do you need to know to make a decision?
- What has worked for you in the past?
- When you say you think you know what you must do, what is it?
- Who could you ask for help?

Resources:

- Horner-Devine, M. C., Carrigan, C., Grant, C., Margherio, C., Mizumori, S. J. Y., Riskin, E., Simmons Ivy, J., & Yen, J. (in press) Peer coaching circles for ongoing faculty development. In S. M. Linder, C. Lee, & K. High (Eds.), *The Handbook of STEM Faculty Development*. Information Age Publishing.
- Horner-Devine M. C., Margherio C., Mizumori S., Yen, J. *Peer Mentoring Circles: A strategy for thriving in science*. BioMed Central Blog 2017. <http://blogs.biomedcentral.com/bmcblog/2017/05/18/peer-coaching-circles-a-strategy-for-thriving-in-science/>.
- Daniell, Ellen. *Every Other Thursday: Stories and Strategies from Successful Women Scientists*. Yale University Press. 2006. <http://yalepress.yale.edu/book.asp?isbn=9780300113235>
- Milo R & Schuldiner M. (2009). Weizmann young PI forum: the power of peer support. *Molecular Cell*, 36(6), 913-915. [http://www.cell.com/molecular-cell/fulltext/S1097-2765\(09\)00912-5](http://www.cell.com/molecular-cell/fulltext/S1097-2765(09)00912-5)
- Shkolnik E, Surcel A, Shahar A, & Jang-Condell H. (2012). In person: career GPS. *Science Careers*. March 16, 2012. <http://www.sciencemag.org/careers/2012/03/person-career-gps>.