

POWER Program Coaching Steps

Step Number	Description
1	Positively greet the student
2	Prompt the student to complete their daily emotion monitoring log
3	Summarize the student's emotion monitoring ratings
4	Support the student in processing factors that impacted their day (positive and/or negative factors)
5	When indicated, support the student in problem-solving and/or planning for future challenges
6	When indicated, remind the student of strategies from POWER Program group meetings
7	When indicated, guide practice and/or role-play of student-selected strategy
8	End the interaction on a positive, encouraging note