

Q&A NOBCO helps students

Why are you doing this?

The mental health of students is under pressure. Coaching contributes to the well-being of people. At NOBCO we are happy to contribute to tackle this social problem by easing the mental burden of students. Coaching is what NOBCO can do for students.

Why this group and no other group?

Students have been hit relatively hard by the Corona pandemic. They often live in rooms. Not everyone has already built up a social network. A support system is important to deal with a crisis get through well. Due to their age they usually have more resilience but less resilience than older people. They have no work that provides structure. The disappearance of lectures and social encounters has led to a lot of loneliness.

Students have a small scholarship and usually cannot afford coaching. There is no employer who can contribute from his responsibility and professional coaches can turn on. Coaching works preventively to prevent worse complaints. This is how coaching can help to prevent young people from having to rely on mental health care. Mental health care often also has long waiting times.

Why now at this time?

Society is opening up, the problem is not gone. The long duration of the restrictions begins to be to charge a toll. We would like to contribute at this time.

For which type of coaching question can students contact a coach?

That can be of all kinds. You can think breaking through negative thought patterns and encourage students to take control of their lives again, for the part they influence have. Negative thoughts that are common are:

- *I feel lonely. There is no one I can meet*
- *I feel lifeless and don't feel like doing anything. I can't get out of bed or off the couch.*
- *All days are the same. It's boring. There is nothing to experience.*
- *This should be the best time of my life, but there's nothing to do*
- *I follow all lectures online, there is no one with whom I can spar or consult. I miss contact with fellow students and teachers*
- *What am I doing this study for? It costs a lot of money and I get nothing in return.*

How do you guarantee quality?

It is a Coaching offer for students aged 18 - 25 years (adults). At the request of the trainers, we only offer certified coaches. We provide a kick-off from NOBCO to help the coaches get started.

The NOBCO logo consists of the word "NOBCO" in white, bold, sans-serif capital letters on a red rectangular background.The logo for the Dutch Order of Professional Coaches, featuring the text "Nederlandsche orde van beroepscoaches" in white, sans-serif font on a dark blue, rounded rectangular background.

Affiliated with

EMCC

European Mentoring & Coaching Council

The EMCC logo features a series of orange dots of varying sizes arranged in a curved path below the text.

What if there is a lot of demand?

We don't think doing anything is an option. So it's better to help a few hundred students than no.

What if a very serious problem emerges?

We are trained to see where the boundaries of coaching lie and refer to indications of care.

Why does it cost 10 euros per call?

The coaching conversation is offered by a professional who makes his time available to help contribute to the well-being of students. We also ask for a personal contribution to express this. To emphasizing student ownership build in a small threshold so that students themselves consciously choose to use coaching.

Isn't it a distortion of competition?

In the past covid period, there have been several private initiatives to help people in support care through free coaching. We deliberately do not have NOBCO there - action, so as not to endanger the livelihood of coaches and because of the employer responsibility that every organization has for its employees.

We believe it is different for students. The numbers don't lie, many students struggle with psychological complaints. The psychologists at the educational institutions can (almost) not on. Sometimes a listening ear, a different view of the matter and practical tips appear to be helpful. That is not only the domain of psychologists, but also of coaches. And with that comes that most coaches don't coach students, simply because they don't have the budget to pay a professional.