

Abstract of the Session

The challenging time of the pandemic and the transition from in-person to online teaching/coaching have provided a number of opportunities. Coaching psychology has been applied in the domain of education for different population with different purposes. In the session of “Coaching in Challenging Times”, I propose that educational coaching, as an interdisciplinary field of educational psychology and coaching psychology, could enhance students' learning and academic performance as well as well-being and personal growth in formal educational setting using established and evidence-based coaching models. Current research themes, methodologies and reflective thoughts are discussed.

Photo & Short Biography



Dr. Qing Wang is an educational psychologist, chartered psychologist, accredited coaching psychologist and a passionate lifelong learner. She completed PhD from University of Bristol and currently works as Associate Professor in Educational and Coaching Psychology at the School of Psychology and Cognitive Science, East China Normal University (ECNU). She established Educational Coaching Research Group (ECRG) at ECNU focusing on coaching psychology research and practice in the field of education. With a genuine interest in coaching

psychology for learning, she explores, designs, delivers and evaluates coaching models and approaches with teachers and students in secondary schools, medical schools, vocational schools, universities and in parents' education. She uses ideas from CBT, solution-focused, positive psychology, mindfulness, motivational interviewing and narratives to provide a comprehensive service that encompasses professional and personal issue.