



empowerED

EDUCATION CONSULTING

www.empoweredschool.org



Coaching and Consultative Support

Instructional Coaching



EmpowerED delivers both on-site and remote coaching specific to inclusive practices, high-quality tier one instruction, strategies for differentiation, and classroom and behavioral management techniques. Coaching consists of “Before-During-After,” or BDA, cycles that are designed using a student-centered approach. The “before” and “after” sessions are typically held remotely to ensure that time on-site prioritizes side by side support of teachers in their classrooms. Coaches from empowerED are experienced, former public school teachers and leaders who have engaged in implementing inclusive education ourselves. We offer practical, concrete strategies that can be implemented immediately and take pride in building trusting, supportive relationships with staff.

EmpowerED coordinates closely with building and district leadership to ensure alignment with school and district goals.

“
Our coach gave us practical strategies, ideas and solutions to implement in our co-taught classroom immediately.
- Middle School Teacher,
Arkansas
”

Micro Coaching

Maximizing Time and Resources

At empowerED, we realize that schools and systems have limited time and budgets to implement all of their district's priorities. In order to maximize both budgets and the number of educators who are available for coaching, we have developed and revolutionized a model called "micro-coaching."

Micro-coaching involves a pre-visit consultation that is completed electronically. The educator who requests coaching completes an electronic form identifying areas in which they would like the coach to focus. The educator then signs up for a 20-minute time slot where the coach comes to their classroom for visitation. Coaches and educators engage in a subsequent 20-minute debrief time. In the debrief, the coach and educator discuss the focus areas, identify at least one area of strength and one area of growth, and develop a list of "next steps." Following the debrief, the empowerED coach sends the educator a summary of the meeting.

"OH MY GOSH!

So many ideas and such great conversation! I recommend you talk fast to get more out of her!"

- Pre-School Teacher, Massachusetts



Leadership Coaching with empowerED



About Leadership Coaching

The challenges school leaders face today are greater than ever. Balancing daily management tasks of operating a school or system while simultaneously serving as an instructional leader can feel daunting. In addition to supporting leaders with instructional walkthroughs, empowerED can provide individual coaching for all leaders, or a select subset, depending upon need. We have provided administrative coaching to a variety of systems across the country to support leaders in navigating the complexities of their job.

All of our leadership coaches are former or current public school administrators. We understand the legal requirements of educating students in the

least restrictive environment, however, we also recognize that a compliance-based approach to inclusion is not effective in facilitating change. We support leaders in building vision and consensus, developing skills, generating action plans, and motivating and inspiring staff to engage in this work. This is achieved through a blend of practical strategies and research-based strategies grounded in change theory.

Administrative coaching sessions are best scheduled as remote sessions at times convenient to the administrators' schedules. On-site visits can also be established.

Building Capacity with District Coaches



We offer targeted professional learning for instructional coaches through a blend of interactive training sessions and guided classroom walkthroughs. Our trainings focus on applying inclusive frameworks—like UDL, accommodations vs. modifications, and strengths-based planning—directly to the work coaches do with teachers. We then take it a step further by joining coaches in classroom walkthroughs, using real-time observations to deepen understanding and sharpen the lens on inclusion. Together, we reflect on what we see, discuss practical adjustments, and co-create solutions that support all learners. This hands-on, collaborative model builds lasting confidence and clarity around what effective inclusive instruction looks like in action.

Coaching the Coaches

EmpowerED partners with district-based instructional coaches to bridge the gap between content expertise and inclusive practice. While many coaches are highly skilled in curriculum and instruction, they often lack the specialized training needed to support teachers working with students with disabilities or diverse learning needs. Our approach builds capacity by equipping coaches with practical strategies, tools, and mindsets rooted in Universal Design for Learning, collaborative planning, and culturally responsive practices. By embedding inclusion into the core of instructional coaching, we help districts ensure that all students—not just some—benefit from high-quality instruction and support.



“I really appreciated my coach’s extra effort to help me... You can tell she puts her heart into her job.”

*- High School Teacher,
Pennsylvania*