

Chapter 13

The Role of Motivation Theories and Coaching Psychology in Promoting Equity and Well-Being: Unlocking Student Potential in Online Higher Education

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ABSTRACT

This chapter explores integrating motivation theories and coaching psychology to enhance student success in online higher education. Online learning demands greater autonomy, creating challenges traditional content delivery cannot address. The chapter examines Self-Determination Theory, Expectancy-Value Theory, and Goal-Setting Theory as foundations for understanding student motivation. It presents coaching frameworks including GROW, CLEAR, Solution-Focused Coaching, and Motivational Interviewing for fostering intrinsic motivation, building self-efficacy, and supporting well-being. The approach emphasises moving beyond deficit-based models to strengths-based interventions recognising diverse learning styles. This integrated framework represents a paradigm shift toward more inclusive and psychologically informed online education, creating supportive environments where students can develop autonomy and resilience needed to succeed.

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INTRODUCTION

The landscape of higher education has undergone a profound transformation in recent decades, with online learning emerging as a dominant and increasingly vital mode of knowledge dissemination and acquisition. Once considered an alternative, online higher education has expanded into a global phenomenon, serving millions of students from diverse backgrounds and geographical locations (Allen & Seaman, 2017). This expansion has been driven by its inherent flexibility, accessibility, and capacity to democratise education, offering opportunities to individuals who might otherwise be excluded from traditional campus-based learning environments. The rapid advancements in educational technology, coupled with global events such as the COVID-19 pandemic, that have necessitated remote learning, have further accelerated this shift, solidifying online education's position as a cornerstone of contemporary higher learning (Dhawan, 2020).

Recent systematic reviews of online teaching and learning, including the comprehensive synthesis by Martin, Sun, and Westine (2020), illustrate how scholarship in the 2010s shifted from merely documenting obstacles to actively investigating solutions and student-centered practices. Over this period, research diversified into twelve major themes, including online learner characteristics, instructional design, engagement, course organization, interaction, assessment, and technology integration. Here, studies increasingly emphasized effective pedagogical models, concrete strategies for online engagement, and the nuanced interplay between technology and student success. Notably, the decade saw increased focus on empirical rigor, with randomized studies, meta-analyses, and mixed-methods approaches exploring factors that predict persistence, achievement, and satisfaction within digital higher education settings. This period also saw the emergence of best practices in online instructional design such as the integration of multimedia, adaptive technologies, collaborative tasks and the development of sophisticated frameworks for assessing online pedagogy's impact on diverse student populations. However, Martin and colleagues (2020) highlight a persistent gap regarding organizational policy, equity, and inclusion, underscoring that while instructional strategies advanced, systemic disparities and support structures lagged, foreshadowing the equity challenges that became more visible during the pandemic.

However, this growth, while promising, is not without its challenges. The very flexibility that makes online education so appealing can also present unique and often underestimated challenges for student success and well-being. Unlike traditional settings where physical presence and structured routines often provide natural support systems, online learners frequently navigate their academic journeys with greater autonomy, demanding higher levels of self-discipline, motivation, and resilience which can impact their success and sense of belonging (Muilenburg & Berge, 2005).

They often juggle multiple responsibilities work, family, and personal commitments alongside their studies, creating a delicate balance that can easily overwhelm and foster disengagement. Moreover, the digital environment, while connecting learners across distances, can ironically foster feelings of isolation and detachment if not intentionally designed to cultivate community and interaction.

This chapter addresses a critical need for a more holistic and psychologically informed approach to supporting online learners. While pedagogical innovations and technological advancements are crucial, they alone are insufficient to ensure equitable outcomes and foster genuine well-being. The focus extends particularly to students from marginalized and neurodiverse backgrounds, who often encounter amplified barriers ranging from systemic biases and digital inequities to unique cognitive processing challenges that can significantly impede their ability to thrive in online environments. Without targeted interventions that acknowledge and address these psychological and systemic factors, online education will not thrive in the best way.

This chapter will explore the integration of established motivation theories and the applied principles of coaching psychology to create a framework for fostering equity and well-being in online higher education. By understanding the intrinsic drivers of human behavior and supportive coaching interactions, institutions and educators can move beyond merely delivering content to actively create environments where every student feels supported. This integrated approach not only aims to ease the challenges of online learning but also seeks to build the psychological resources necessary for students to persist, adapt, and grow in their academic courses.

An integrative perspective that combines established motivation theories with the applied principles of coaching psychology offers a robust foundation for enhancing online higher education. These theoretical frameworks emphasize the cultivation of intrinsic motivation through autonomy, competence, and relatedness, which align closely with pedagogical innovations such as the flipped classroom model. A bibliometric analysis by Julia (2020) documents the explosion of research and experimentation in flipped designs between 2010 and 2019, particularly in higher education institutions seeking to sustain engagement in large or diverse student cohorts. By reversing the traditional order of lecture and homework, the flipped model leverages digital content to provide foundational knowledge asynchronously, freeing in-person or synchronous online meetings for discussion, applied projects, and formative assessment. Evidence suggests that this approach can not only increase cognitive engagement and retention but also foster the sense of relatedness and immediacy often lost in conventional online learning environments. By embedding autonomy, choice, and interaction within the learning process, blended and flipped models anticipated and facilitated later frameworks, such as coaching psychology, that aim to optimize not merely content transmission but holistic student development and motivation within digitally enabled environments.

Coaching psychology, as defined by Grant (2017), represents “the systematic application of psychological theories and evidence-based practices aimed at enhancing life experience, improving work performance, and promoting overall wellbeing.” In the context of online higher education, coaching psychology offers a focussed approach that goes beyond traditional academic support models. Rather than focusing solely on content delivery or remedial interventions, coaching psychology emphasizes the facilitation of goal attainment, the development of self-efficacy, and the cultivation of intrinsic motivation (Grant, 2016). This approach is particularly relevant for online learners who must navigate the complex self-directed learning while managing competing life demands.

The integration of coaching psychology principles into online higher education represents a paradigm shift from deficit-based models of student support to strengths-based approaches that recognize and build upon the unique capabilities and experiences that each learner brings to their educational journey. This is especially crucial for marginalized and neurodivergent students, who have historically been underserved by traditional educational models that often fail to recognize their distinctive strengths and learning styles.

At its core, the pandemic exposed and amplified pre-existing disparities among students. Students from marginalized backgrounds confronted acute barriers including digital divide realities such as lack of reliable internet access and appropriate devices, inadequate study environments, and competing caregiving or employment responsibilities (van de Werhorst et al., 2022; Ndibalema, 2022). These structural inequities translated into disproportionate disengagement, diminished retention, and exacerbated disparities in academic outcomes, underscoring the urgent necessity for systemic reforms that attend not only to technological access but also to holistic learner support.

The psychological toll on students illuminated another critical dimension. Widespread experiences of isolation, anxiety, burnout, and uncertainty emerged as common among online learners navigating the pandemic's social and emotional disruptions (Hong et al., 2021). The blending of learning with chaotic home environments, relentless digital connectivity, and diminished social presence strained students' capacities for self-regulation and well-being. This acute context heightened the relevance of motivational and psychological theories while inspiring calls for more compassionate, flexible, and inclusive pedagogical models.

While this chapter draws extensively on established psychological theories and recognized coaching models, it is important to acknowledge that the empirical evidence specifically supporting coaching psychology in online higher education remains in a developmental phase. Current research offers promising but preliminary findings, often limited by small sample sizes, varied methodologies, and short-term evaluations. Large-scale, rigorous, and longitudinal studies are needed to more de-

finitively establish the effectiveness, scalability, and long-term impact of coaching interventions across diverse and marginalized student populations. This chapter thus presents coaching psychology as a theoretically informed and pragmatically grounded framework, inviting further empirical validation and iterative refinement to maximize its potential within inclusive online learning environments.

UNDERSTANDING STUDENT MOTIVATION IN ONLINE LEARNING

Motivation, the internal and external forces that initiate and sustain goal-directed behavior, is an indispensable element for success in any educational enterprise. In the context of online higher education, where learners often operate with greater autonomy and fewer external structural cues, the role of motivation becomes even more pronounced. This section explores the foundational theories of motivation that offer critical insights into why students engage, persist, and ultimately thrive in virtual learning environments. By understanding these theoretical underpinnings, educators can design more effective interventions and learning experiences that cultivate and sustain student drive.

Intrinsic vs. Extrinsic Motivation

There are two fundamental types of motivation: intrinsic and extrinsic (Deci & Ryan, 2000). This distinction helps to understand the varying quality and sustainability of engagement in learning activities.

Intrinsic motivation refers to engaging in an activity for its inherent satisfaction, enjoyment, or interest, rather than for some separable outcome. When intrinsically motivated, individuals are driven by internal rewards, such as the pleasure of learning, the challenge of mastering a new skill, or the satisfaction of curiosity. In online learning, an intrinsically motivated student might engage deeply with course material because they find the subject matter interesting and enjoy the intellectual challenge. This form of motivation is often associated with higher levels of persistence, creativity, and deeper learning, as the activity itself is the reward.

Extrinsic motivation, conversely, involves engaging in an activity to attain a separable outcome or avoid punishment. The drive comes from external factors, such as grades, certificates, career advancement, social recognition, or avoiding academic penalties. An extrinsically motivated online student might complete assignments to a high level to earn a good grade, participate in discussions to fulfill a requirement, or study hard to secure a desired job. While extrinsic motivators can be powerful in initiating behavior and ensuring compliance, reliance solely on them can lead to

superficial learning, reduced long-term retention, and a decrease in overall well-being if the external rewards are removed or become insufficient.

Understanding this is essential for educators, as different motivational strategies are required to support each type. The theories that follow often build upon this distinction, exploring how various psychological factors influence the shift from external regulation to more internalized and self-determined forms of motivation. This understanding becomes particularly important when considering how coaching psychology approaches can be designed to foster intrinsic motivation while acknowledging the role that external motivators play in the educational journey.

Self-Determination Theory (SDT)

At the forefront of motivation research is Self-Determination Theory (SDT), a theory of human motivation, development, and well-being proposed by Edward Deci and Richard Ryan (2000). SDT states that individuals are inherently driven to grow and achieve their potential when their basic psychological needs for autonomy, competence, and relatedness are satisfied. The fulfillment of these three universal needs is crucial for fostering intrinsic motivation the engagement in an activity for its inherent satisfaction and enjoyment which is particularly vital in self-directed learning contexts like online education.

Autonomy, within SDT, refers to the feeling of control and choice over one's actions and behaviors. In online learning, this translates to providing students with meaningful choices regarding their learning path, assignment topics, project formats, and even the pace at which they engage with material. When students perceive their learning as self-initiated and aligned with their personal values, rather than externally controlled, their sense of ownership and intrinsic motivation significantly increases. For instance, offering flexible deadlines within a reasonable window or allowing students to select research topics relevant to their interests can powerfully enhance their sense of autonomy.

Competence is the psychological need to feel effective and capable in one's interactions with the environment. In online education, fostering competence involves designing learning activities that are appropriately challenging, providing clear and timely feedback that highlights progress and areas for improvement, and offering opportunities for students to apply their knowledge and skills in meaningful ways. This can be achieved through well-structured modules, interactive simulations, and authentic assessments that allow students to demonstrate their growing expertise. When students experience success and feel their abilities are developing, their confidence and motivation to tackle more complex tasks are bolstered.

Relatedness, the third fundamental need, refers to the feeling of connection, belonging, and care from others. Despite the physical distance inherent in online

learning, cultivating relatedness is paramount to combating feelings of isolation and fostering a supportive learning community. This can be achieved through various strategies, including interactive discussion forums, collaborative group projects, virtual study sessions, and consistent, empathetic communication from instructors.

When these three basic psychological needs are met, students are more likely to internalize extrinsic motivations (e.g., studying for a grade) and transform them into more autonomous forms of regulation, scaffolding greater persistence, deeper learning, and well-being in their online academic pursuits. The principles of SDT provide a foundational framework that coaching psychology can build upon, as coaching approaches naturally emphasize autonomy support, competence building, and relationship development.

Expectancy-Value Theory

Another influential framework for understanding student motivation is the Expectancy-Value Theory (Wigfield & Eccles, 2000), which positions that an individual's motivation to engage in a task is determined by two key factors: their expectation of success on that task and the value they place on achieving that success. In the context of online learning, both components are crucial for driving student engagement and effort.

Expectancy refers to a student's belief in their own ability to successfully complete a given task or achieve a particular outcome. This belief is heavily influenced by their self-efficacy (Bandura, 1997), prior experiences of success or failure, the perceived difficulty of the task, and the availability of adequate resources and support. For online learners, clear instructions, transparent grading rubrics, accessible learning materials, and consistent support from instructors and peers can significantly enhance their expectancy of success. If students believe they lack the necessary skills or resources to succeed, their motivation will inevitably wane, regardless of how much they value the outcome.

Value encompasses the perceived importance, utility, or interest a student attributes to a task or learning goal. Expectancy-Value Theory identifies several types of value:

Attainment Value: The importance of doing well on a task for one's identity or sense of self. For example, a student might value excelling in a course because it aligns with their self-perception as a diligent and capable learner.

Intrinsic Value: The inherent enjoyment or interest a student derives from engaging in the task itself. This aligns closely with intrinsic motivation in SDT. An online course that uses engaging multimedia, interactive simulations, or thought-provoking discussions can foster intrinsic value.

Utility Value: The perceived usefulness of the task for future goals, such as career aspirations or further education. Clearly articulating how course content and skills

are relevant to real-world applications and future opportunities can significantly boost utility value for online learners.

Cost: While not a type of value, cost refers to the negative aspects of engaging in a task, such as the effort required, the time commitment, or the psychological costs like anxiety or fear of failure. In online learning, high costs (e.g., complex technology, overwhelming workload, lack of support) can significantly diminish motivation, even if the task is highly valued.

Educators in online environments can enhance perceived value by clearly articulating the relevance of course content to real-world applications and career aspirations, incorporating authentic tasks that resonate with students' interests, and minimizing unnecessary costs associated with the learning process. Coaching psychology approaches can be particularly effective in helping students identify and articulate the personal value they place on their educational goals, thereby strengthening their motivation to persist through challenges.

Goal-Setting Theory

Goal-Setting Theory, primarily developed by Edwin Locke and Gary Latham (2002), posits that specific, challenging, and achievable goals lead to higher performance than vague or easy goals. For online learners, who often manage their studies independently, effective goal setting is not merely beneficial but crucial for maintaining focus, direction, and motivation. The theory emphasizes several key principles:

Specificity and Challenge: Vague aspirations like “do well in the course” are far less effective than specific, challenging goals such as “complete all weekly assignments by Friday with a grade of 85% or higher” or “master the first three modules by the end of the month.” Challenging goals, when perceived as attainable, can be highly motivating as they provide a clear target and a sense of accomplishment upon achievement.

Feedback: Regular and constructive feedback on progress towards goals is essential. In online learning, this can be facilitated through automated quizzes, timely and detailed instructor feedback on assignments, and peer reviews. Feedback allows students to monitor their performance, identify discrepancies between their current state and their goal, and adjust their strategies accordingly.

Commitment: Students must be committed to their goals for them to be effective. This commitment is fostered when students participate in the goal-setting process, perceive the goals as important and relevant, and believe they have the capability to achieve them. Aligning academic goals with personal values and long-term aspirations can significantly enhance commitment.

Task Complexity: For complex tasks, breaking down large goals into smaller, manageable sub-goals can prevent overwhelm and maintain motivation. This scaffolding approach allows students to experience incremental successes, reinforcing their self-efficacy and commitment.

The principles of Goal-Setting Theory provide a robust framework for online educators to guide students in setting meaningful and achievable academic objectives. By intentionally incorporating these principles into course design and student support mechanisms, institutions can empower online learners to take greater ownership of their educational journey and enhance their likelihood of success. Coaching psychology approaches naturally align with these principles, as they emphasize collaborative goal-setting processes that honor student autonomy while providing the structure and support necessary for achievement.

These motivation theories Self-Determination Theory, Expectancy-Value Theory, and Goal-Setting Theory collectively offer a powerful lens through which to understand the psychological underpinnings of student engagement and persistence in online higher education. By intentionally designing online learning experiences that address these motivational drivers, educators can significantly enhance student participation, persistence, and overall success.

PSYCHOLOGICAL BARRIERS IN ONLINE HIGHER EDUCATION

While online higher education has offered flexibility, its unique character also presents a distinct set of psychological barriers that can significantly impede student success and well-being. These challenges, often amplified in the virtual environment, demand careful consideration and targeted interventions to ensure equitable and effective learning experiences. This section explores the common psychological hurdles encountered by online learners, with a particular emphasis on the difficulties faced by students from marginalized and neurodiverse backgrounds.

Common Psychological Barriers for Online Students

Online students frequently encounter a range of psychological challenges that can impact their engagement, persistence, and overall academic performance. These barriers, while not insurmountable, require evidence-based approaches to address them effectively.

Feelings of Isolation and Disconnection represent one of the most frequently cited challenges in online learning. (Li & Yang, 2025). The absence of physical presence and spontaneous social interaction can lead to profound feelings of isolation and detachment, diminishing the sense of community and support often found in

traditional educational environments. The lack of informal interactions with peers and instructors can make it difficult for students to feel part of a larger academic collective, impacting their sense of relatedness, a crucial component of motivation as highlighted by Self-Determination Theory. This isolation can manifest as reduced engagement in discussions, reluctance to seek help, and ultimately, disengagement from the course. The challenge becomes particularly acute for students who thrive on social interaction and collaborative learning, as the asynchronous nature of many online courses can feel impersonal and disconnected from the vibrant intellectual communities they seek.

Low Motivation and Procrastination emerge as significant challenges despite the allure of flexibility that online learning offers. Without the external structure of fixed class times and in-person accountability, some students struggle to maintain consistent motivation and move towards procrastination. The lack of immediate social cues and peer pressure in online learning can make it easier for students to procrastinate, leading to a growing workload and heightened stress. Ineffective time management is a common issue often linked to low intrinsic motivation and underdeveloped self-regulation skills (Hong, Lee, & Ye, 2021). This situation can create a vicious cycle where procrastination results in poorer academic performance, which in turn further diminishes motivation and self-efficacy.

Burnout and Stress represent increasingly common experiences among online learners, particularly those who are adult students juggling studies with full-time employment, family responsibilities, and other personal commitments. The demands of online higher education often extend beyond academic tasks, as many online learners must navigate multiple roles simultaneously. The blurred boundaries between study and personal life, coupled with the constant accessibility of online platforms, can make it difficult for students to disconnect and recharge. This relentless pressure can lead to significant stress, mental fatigue, and ultimately, academic burnout.

Lack of Confidence (Self-Efficacy) affects many online learners, particularly those returning to education after a long breaks or those new to online learning. Students may experience a significant lack of confidence in their academic abilities or digital literacy skills. This can manifest as imposter syndrome, a fear of failure, or a reluctance to participate due to perceived inadequacy. This lack of self-efficacy directly impacts their expectancy of success, as theorized by Expectancy-Value Theory. Doménech-Betoret, Abellán-Roselló, and Gómez-Artiga (2017) demonstrate that low self-efficacy undermines students' expectancy of success, which in turn reduces motivation, effort, and persistence, leading to poorer learning outcomes. When students doubt their ability to succeed, they are less likely to invest effort, persist through difficulties, or engage with the learning material, creating a self-fulfilling prophecy of underperformance.

Technical Difficulties and Digital Divide issues, while not purely psychological, can have profound psychological consequences that significantly impact learning outcomes. Unreliable internet connectivity, outdated hardware, difficulty navigating complex learning management systems, or problems accessing digital resources can lead to immense frustration, anxiety, and disengagement. These issues are not merely inconveniences; they can create significant barriers to learning and disproportionately affect students from lower socioeconomic backgrounds who may lack access to robust technological infrastructure. Ndibalema (2022) findings reveal several limitations such as digital inequalities, lack of reliable internet access, low readiness and technological competence among instructors and students, and limited availability of digital solutions. The findings also reveal that most students faced social emotional challenges due to rapid and blind transition to online distance learning. Such disparities exacerbate existing inequalities and can lead to feelings of unfairness and helplessness.

Delayed or Unclear Feedback represents another significant barrier in asynchronous online environments, where the immediacy of feedback often found in traditional classrooms is lost. Delayed or ambiguous feedback from instructors can leave students feeling uncertain about their progress, confused about expectations, and unsure how to improve. This lack of timely and constructive guidance can hinder learning, increase anxiety, and reduce a student's sense of competence. Lemley et al. (2007) concluded that students receiving immediate feedback performed significantly better on final exams, but those who received delayed feedback completed courses in significantly less time, highlighting the complex relationship between feedback timing and learning outcomes.

Barriers for Marginalized and Neurodiverse Students

For students from marginalised and neurodiverse backgrounds, the common barriers outlined above are often intensified, and additional individual challenges emerge, creating a more complex online learning journey that requires specialized understanding and support approaches.

Systemic Bias and Lack of Inclusivity in online learning environments can inadvertently perpetuate existing systemic biases if not intentionally designed with equity and inclusion at their core. This can manifest in culturally irrelevant course content, inaccessible digital platforms, or a lack of understanding from instructors regarding diverse learning styles and cultural communication norms. Marginalized students may experience microaggressions, feel their unique perspectives are not valued, or perceive a lack of representation, leading to feelings of alienation and a diminished sense of belonging. This can be particularly damaging to their motivation and well-being, as it undermines their sense of relatedness and psychological safety.

Sensory Overload and Cognitive Load challenges are particularly pronounced for neurodiverse learners, including those with ADHD, autism spectrum disorder, or dyslexia, who often process information and interact with their environment differently. For these students, online environments can present specific and heightened challenges. Le Cunff et al. (2024) found that neurodivergent students experience significantly higher levels of extraneous cognitive load (ECL) in online learning compared to neurotypical peers, meaning they face greater difficulty with factors unrelated to core content, such as inaccessible content formats, unclear instructions, and inaccurate transcripts. Excessive screen time, constant notifications, complex or cluttered digital interfaces, and a lack of sensory regulation (e.g., control over lighting, sound, and physical environment) can lead to significant sensory overload and increased cognitive load. This can make it exceedingly difficult to focus, process information, manage attention, and participate effectively.

Financial Stress and Resource Disparities significantly impact marginalized students' ability to access essential online learning resources. Research shows that students from low-income families are disproportionately affected by lack of reliable high-speed internet, up-to-date computers, and quiet study environments, which are critical for effective online education. Many such students must work multiple jobs to support themselves and their families, limiting their available time and energy for academic work, which contributes to increased stress and academic challenges. Golden et al. (2023) report that only about two-thirds of youth in U.S. households earning less than \$25,000 have adequate computer and internet access for remote learning, and these disparities have led to reduced engagement and academic motivation.

Lack of Tailored Support and Cultural Competence represents a significant barrier for marginalized and neurodiverse students who often encounter generic student support that fails to address their unique mental health challenges, identities, and learning needs. Research highlights that marginalized students frequently encounter culturally insensitive or inappropriate services that do not fully account for systemic bias, discrimination, or specific lived experiences, which can undermine trust, reduce utilization, and hinder positive educational and mental health outcomes (Sadusky et al., 2023). Quimby and Agonafer (2022) demonstrate that culturally competent counselling, especially models such as embedded counselling within campus cultural centres, has been shown to better meet the mental health needs of historically marginalized college students by providing empathetic, culturally matched services that reduce barriers to care and improve engagement and outcomes.

These broad, yet interconnected, psychological barriers require a proactive approach that recognizes the diverse experiences and needs of all online learners. The subsequent sections will explore how the principles and practices of coaching psychology can create a more equitable and supportive online learning environment.

English as a Second Language (ESL) learners represent a significant and diverse population in online higher education who often face unique motivational and linguistic barriers. Language barriers can create challenges in comprehension, self-expression, and engagement, which in turn affect motivation, self-efficacy, and persistence in virtual learning contexts (Dörnyei, 2005). ESL learners may experience anxiety related to language proficiency, cultural differences in communication norms, and feelings of marginalization within academic communities dominated by native speakers.

Coaching psychology offers culturally responsive interventions that address these challenges by fostering learner autonomy, boosting language-related self-efficacy, and providing supportive environments attuned to cultural nuances. Coaching approaches encourage reflection on identity and motivation, helping ESL students articulate their personal goals and connect educational pursuits with broader life aspirations. Coaches assist learners in developing personalized strategies for language development, managing academic stressors, and building social connections despite linguistic limitations.

Motivation and self-concept are central to language learning (Dörnyei, 2005), and strengths-based, culturally responsive coaching has strong potential to enhance ESL learners' engagement and confidence in online higher education. Supporting ESL students in negotiating identity and academic challenges online requires an intersectional understanding of language proficiency intertwined with cultural, social, and psychological factors. Coaching psychology thus provides a critical framework for dismantling linguistic and motivational barriers to equity and success in online education.

COACHING PSYCHOLOGY: A FRAMEWORK FOR ONLINE LEARNING SUPPORT

The psychological barriers identified in online higher education demand innovative and evidence-based approaches that go beyond traditional academic support models. Coaching psychology can be used as a framework for addressing these challenges, offering a systematic and holistic approach to supporting student success and well-being in virtual learning environments. This section explores how coaching psychology principles can be applied to change the online learning experience, creating more supportive and empowering, educational environments for all students.

Defining Coaching Psychology in Educational Contexts

Coaching psychology, as articulated by Grant (2017), represents “the systematic application of psychological theories and evidence-based practices aimed at enhancing life experience, improving work performance, and promoting overall wellbeing.” In the context of online higher education, coaching psychology offers a transformative approach that shifts the focus from deficit-based interventions to strengths-based development. Rather than simply addressing problems as they arise, coaching psychology proactively builds the psychological resources and capabilities that students need to thrive in self-directed learning environments.

A central thread of coaching psychology is the facilitation of goal attainment, where coaches work collaboratively with individuals to articulate meaningful, self-congruent goals and to develop actionable strategies for their achievement (Locke, 2002). This process is not merely about task completion but involves a deeper engagement with an individual's values, motivations, and aspirations (Passmore, 2016; Ives, 2008). In online learning contexts, this translates to helping students identify not just what they want to achieve academically, but why these goals matter to them personally and how their educational pursuits connect to their broader life aspirations.

Coaching psychology places a strong emphasis on fostering self-efficacy, the belief in one's capacity to succeed, which is a critical component for sustained effort and resilience in the face of obstacles. By focusing on strengths and past successes, coaching psychology helps individuals build a robust sense of competence and agency (Richter et al., 2021), enabling them to take ownership of their development and proactively work towards enhancing their performance and wellbeing. This approach is particularly valuable for online learners who must develop strong self-regulation skills and maintain motivation in the absence of external structure and immediate support.

Distinguishing Coaching Psychology from Traditional Academic Support

Traditional academic support models in higher education often focus on remedial interventions, addressing deficits or problems after they have emerged. These approaches, tend to be reactive rather than proactive and may reinforce deficit-based thinking about student capabilities. Coaching psychology, in contrast, operates from a fundamentally different position that assumes individuals have inherent strengths and capabilities that can be developed and leveraged for success.

Coaching psychology is a structured, evidence-based process aimed at fostering positive change and development through a collaborative relationship (Grant, 2016). Unlike traditional counseling or therapy, which may focus on addressing psycholog-

ical distress or dysfunction, coaching psychology focuses on activating individuals' potential by enhancing their capabilities, increasing self-awareness, and fostering sustainable change (British Psychological Society, 2023). This approach respects the individual's autonomy and capacity for self-direction, fostering an environment where individuals can explore their potential and work towards becoming more effective and fulfilled in their chosen domains.

In online learning contexts, this distinction becomes particularly important. Traditional academic support might focus on helping students catch up on missed assignments, providing remedial instruction, or addressing specific skill deficits. While these interventions have their place, coaching psychology takes a broader and more empowering approach. It helps students develop the skills necessary for self-directed learning and builds their capacity for self-regulation and motivation.

The Role of Intrinsic Motivation and Self-Efficacy

For online learners, developing intrinsic motivation is particularly crucial because they must sustain their engagement over extended periods without the immediate social reinforcement and external structure provided by traditional classroom environments. Coaching psychology approaches help students connect their academic pursuits to their deeper values and long-term aspirations, creating a sense of purpose that can sustain them through challenging periods. This might involve exploring questions such as: How does this course contribute to your personal growth? What aspects of this subject matter genuinely interest you? How might the skills you're developing serve your future goals?

Self-efficacy, a concept central to Bandura's (1997) Social Cognitive Theory, refers to an individual's belief in their ability to execute behaviours necessary to produce specific performance attainments. Coaching psychology actively works to build self-efficacy by helping individuals set achievable sub-goals, providing opportunities for mastery experiences, offering constructive feedback, and highlighting past successes and strengths. As Grant and Stober (2006) note, "Coaches seek to assist their clients to articulate self-congruent goals and aspirations and to work toward their achievement systematically" (p. 355), a process that inherently bolsters self-efficacy.

In online learning environments, building self-efficacy becomes particularly important because students must develop confidence in their ability to navigate technological challenges, manage their time effectively, and learn independently. Coaching psychology approaches help students recognize their existing capabilities and build upon them systematically. This might involve helping a student recognize how their professional experience has developed problem-solving skills that transfer

to academic challenges, or supporting them in breaking down overwhelming tasks into manageable steps that build confidence through successive achievements.

Addressing Online Learning Challenges Through Coaching Psychology

The specific challenges identified in online learning environments can be systematically addressed through coaching psychology approaches. For students experiencing isolation and disconnection, coaching psychology emphasizes the development of relatedness and connection, even in virtual environments. This might involve helping students identify opportunities for meaningful engagement with peers and instructors, developing skills for building relationships in digital spaces, and creating accountability partnerships that provide social support and motivation.

For students struggling with motivation and procrastination, coaching psychology offers evidence-based strategies for developing self-regulation skills and intrinsic motivation. Rather than simply providing time management tips, coaching approaches help students understand their own motivational patterns, identify what energizes and depletes them, and create personalized systems for maintaining engagement. This might involve exploring the underlying values that connect to their academic goals, developing reward systems that honor their intrinsic motivations, and creating environmental supports that make desired behaviors easier to maintain.

For students experiencing burnout and stress, coaching psychology provides frameworks for developing resilience and sustainable approaches to learning. This includes helping students set realistic expectations, develop effective boundaries between academic and personal life, and build stress management skills that support long-term well-being. Coaching approaches recognize that sustainable success requires attention to the whole person, not just academic performance.

For students lacking confidence or self-efficacy, coaching psychology offers systematic approaches for building competence and self-belief. This involves identifying and building upon existing strengths, creating opportunities for mastery experiences, and developing internal narratives that support confidence and resilience. Rather than focusing on deficits or areas of weakness, coaching psychology helps students recognize and leverage their unique capabilities and experiences.

The integration of coaching psychology into online higher education represents a paradigm shift toward more holistic, empowering, and effective approaches to student support. By addressing the psychological foundations of learning and development, coaching psychology creates the conditions for students not just to succeed academically, but to develop the capabilities and confidence they need for lifelong learning and personal growth. The following sections will explore specific coaching frameworks and their application to online learning contexts, demonstrating how

these principles can be translated into practical interventions that support diverse student populations.

CORE COACHING PSYCHOLOGY FRAMEWORKS FOR ONLINE LEARNERS

The application of coaching psychology in online higher education requires the adaptation of established coaching frameworks to address the unique challenges and opportunities present in virtual learning environments. This section explores four foundational coaching models and demonstrates how they can be effectively implemented to support online learners in developing the skills, confidence, and resilience necessary for academic success and personal growth.

The GROW Model: Goal-Oriented Learning in Virtual Environments

The GROW model, developed by Whitmore (2017), provides a structured framework for goal setting and problem-solving through its four-stage process: Goal, Reality, Options, and Will. This model's clear, practical application makes it particularly well-suited for online learners who must develop strong self-direction and goal management skills.

In the Goal phase, online learners work with coaches or educators to clarify their desired outcomes, both in the short and long term. This process goes beyond simply identifying academic targets to explore the deeper motivations and values that drive their educational pursuits. For online students, this might involve questions such as: What do you hope to achieve through this course or program? How does this learning connect to your broader life goals? What would success look like for you personally, beyond just grades or completion? The virtual environment actually offers unique advantages for this exploration, as students can engage in reflective writing, create digital vision boards, or participate in asynchronous discussions that allow for deeper contemplation than might be possible in traditional classroom settings.

The Reality phase involves examining where the student currently stands in relation to their goals, identifying both resources and obstacles. For online learners, this assessment must include technological capabilities, time management skills, learning preferences, and support systems. Questions might include: What strengths and experiences do you bring to this learning journey? What challenges have you encountered in previous online learning experiences? What resources do you currently have access to, and what additional support might you need? This phase is

crucial for online learners because it helps them develop realistic expectations and identify potential barriers before they become overwhelming obstacles.

The Options phase encourages creative problem-solving by exploring multiple strategies for moving toward goals. In online learning contexts, this might involve identifying various learning modalities, time management approaches, technology tools, or support resources. The virtual environment offers unique opportunities for exploring options, such as accessing online tutorials, connecting with global learning communities, or utilizing digital tools for organization and productivity. Students might explore questions like: What different approaches could you take to engage with this material? How might you leverage technology to support your learning? What creative solutions have worked for you in other contexts?

The Will phase, sometimes referred to as the “Way Forward,” focuses on commitment and action planning. For online learners, this involves creating specific, measurable steps that account for the self-directed nature of virtual learning. This might include establishing study schedules, setting up accountability systems, identifying check-in points for progress review, and creating contingency plans for common challenges. The key is ensuring that students take ownership of their action plans while having clear mechanisms for support and adjustment as needed.

The GROW model's strength in online learning contexts lies in its simplicity and adaptability. It can be implemented through various digital platforms, from video conferencing sessions to asynchronous coaching exchanges, and can be easily integrated into existing online course structures. However, its potential limitation is its relatively narrow focus on goal achievement, which may not address the broader emotional and relational needs of online learners who may be experiencing isolation or struggling with motivation.

The CLEAR Model: Building Relationships in Virtual Spaces

The CLEAR model, developed by Hawkins and Smith (2013), offers a framework specifically designed to establish positive communication and build strong coach-coachee relationships: Contracting, Listening, Exploring, Action, and Review. This model is particularly valuable for online learning environments where relationship building can be challenging due to the absence of physical presence and spontaneous interaction.

Contracting in online environments involves establishing clear expectations, boundaries, and communication protocols for the coaching relationship. This phase is crucial for online learners because it creates the psychological safety and structure necessary for effective virtual relationships. The contracting process might address questions such as: How will we communicate and how frequently? What are our mutual expectations and responsibilities? How will we handle technical difficulties

or scheduling challenges? What boundaries need to be established to ensure effective learning? In online learning contexts, this might involve creating communication agreements, establishing preferred platforms for interaction, and setting clear expectations for response times and availability.

Listening takes on particular importance in virtual environments where non-verbal cues may be limited or absent entirely. Active listening in online coaching requires heightened attention to verbal cues, written communication, and the emotional undertones that may be present in digital interactions. For online learners, feeling truly heard and understood can be transformative, particularly for those who may feel isolated or disconnected from their educational community. This phase involves creating space for students to share their experiences, concerns, and aspirations without judgment, building the trust necessary for deeper exploration and growth.

Exploring involves deeper reflective questioning that helps students examine their current challenges, strengths, and potential solutions. In online learning contexts, this exploration can be enhanced through various digital tools, such as reflective journaling platforms, mind mapping software, or collaborative digital whiteboards. The asynchronous nature of many online interactions can actually enhance this phase, as students have time to reflect deeply on questions and provide thoughtful responses. Questions might include: What patterns do you notice in your learning experiences? What underlying beliefs or assumptions might be influencing your approach? How might your past experiences inform your current challenges and opportunities?

Action involves collaborative development of step-by-step action plans that account for the unique demands of online learning. This phase emphasizes student ownership and accountability while providing appropriate support and guidance. For online learners, action plans must be realistic and account for the self-directed nature of virtual learning, including strategies for maintaining motivation, managing time effectively, and accessing support when needed.

Review involves ongoing reflection and adjustment of strategies based on progress and changing circumstances. In online learning environments, this review process can be facilitated through regular check-ins, progress tracking tools, and reflective assessments. The goal is to create a continuous improvement cycle that helps students develop the meta-cognitive skills necessary for lifelong learning.

The CLEAR model's emphasis on relationship building and personalized support makes it particularly valuable for online learners who may be struggling with isolation or lack of connection. Its comprehensive approach addresses both task-focused and relationship-focused aspects of coaching, creating a holistic framework for support. However, its time-intensive nature may require careful implementation to ensure it can be scaled effectively in online educational settings.

Solution-Focused Coaching: Building on Strengths in Virtual Learning

Solution-Focused Coaching, based on the principles of Solution-Focused Brief Therapy developed by de Shazer and Berg (1997), offers a particularly powerful approach for online learners by focusing on strengths, resources, and future possibilities rather than problems and deficits. This approach is especially valuable in online learning contexts where students may feel overwhelmed by challenges and lose sight of their capabilities and past successes.

The fundamental premise of Solution-Focused Coaching is that individuals already possess the resources and capabilities necessary for success; the role of the coach is to help them identify and leverage these existing strengths. For online learners, this approach can be transformative because it shifts the focus from what's not working to what is working and how to do more of it. This is particularly important for students who may be struggling with confidence or feeling overwhelmed by the demands of virtual learning.

Key principles of Solution-Focused Coaching include the identification of exceptions, times when the problem is less present or absent entirely, and the exploration of what's different about those situations. For online learners, this might involve examining times when they felt engaged and motivated in their studies, when they successfully managed their time, or when they felt connected to their learning community. By understanding what contributed to these positive experiences, students can begin to replicate and build upon them.

The approach also emphasizes scaling questions that help students assess their current situation and identify small steps toward improvement. For example, a student struggling with motivation might be asked: "On a scale of 1 to 10, where 10 represents feeling completely motivated and engaged with your studies, where would you place yourself today? What would need to happen for you to move up just one point on that scale?" This approach makes change feel manageable and achievable, which is crucial for online learners who may feel overwhelmed by the scope of their challenges.

Miracle questions are another powerful tool in Solution-Focused Coaching that help students envision their preferred future and identify concrete steps toward that vision. For online learners, this might involve questions such as: "If you woke up tomorrow and your online learning experience was exactly as you wanted it to be, what would be different? How would you know that this miracle had happened? What would others notice about your approach to learning?" These questions help students move beyond problem-focused thinking to solution-focused visioning.

The strength-based nature of Solution-Focused Coaching makes it particularly well-suited for online learning environments where students need to develop con-

fidence and self-efficacy. By consistently highlighting what's working and building upon existing capabilities, this approach helps students develop a more positive and empowered relationship with their learning. The brief, focused nature of the approach also makes it practical for implementation in online educational settings where time and resources may be limited.

Motivational Interviewing: Addressing Ambivalence in Online Learning

Motivational Interviewing (MI), developed by Miller and Rollnick (2013), offers a particularly valuable framework for addressing the ambivalence and resistance that many online learners experience. MI is defined as “a particular way of talking with people about change and growth to strengthen their motivation and commitment,” making it highly relevant for students who may be struggling with engagement, persistence, or commitment to their online learning goals.

The spirit of MI is grounded in the belief that people already possess much of what they need for positive change, and the role of the practitioner is to help them discover and activate these internal resources. This philosophy aligns perfectly with the challenges faced by online learners, who must develop strong intrinsic motivation and self-direction to succeed in virtual environments. As Miller and Rollnick note, “the implicit message in MI is you have what you need, and we will find it,” which can be particularly empowering for students who may doubt their capabilities or feel overwhelmed by the demands of online learning.

MI addresses the common experience of the simultaneous presence of conflicting motivations that many online learners face. Students may simultaneously want to succeed academically while feeling overwhelmed by competing demands, or they may value education while struggling with the isolation and self-direction required in online environments. Rather than trying to convince students to change or overcome their resistance, MI helps them explore their own motivations and resolve their ambivalence in a way that honors their autonomy and self-determination.

Key techniques in MI include open-ended questions that invite exploration rather than simple yes/no responses. For online learners, this might involve questions such as: “What draws you to this field of study?” “What would be the benefits of completing this program?” “What concerns do you have about online learning?” These questions help students articulate their own motivations and concerns, leading to greater self-awareness and clarity about their goals and values.

Reflective listening is another crucial component of MI that involves carefully listening to what students say and reflecting back both the content and the emotional undertones of their communication. In online environments, this skill becomes particularly important because non-verbal cues may be limited. Reflective listening

helps students feel heard and understood while also helping them gain clarity about their own thoughts and feelings.

Affirmations in MI involve recognizing and highlighting students' strengths, efforts, and positive qualities. For online learners who may be struggling with confidence or feeling isolated, genuine affirmations can be particularly powerful. This might involve acknowledging their courage in pursuing education while managing other responsibilities, recognizing their persistence in the face of challenges, or highlighting their unique perspectives and experiences.

Summarizing is used in MI to pull together key themes and help students see the bigger picture of their situation. For online learners, summarizing can help them recognize patterns in their experiences, see connections between their values and their educational goals, and identify discrepancies between their current situation and their desired outcomes.

The collaborative and non-confrontational nature of MI makes it particularly well-suited for online learning environments where students need to feel supported and empowered rather than judged or pressured. By helping students explore their own motivations and resolve their ambivalence, MI supports the development of intrinsic motivation and self-determination that are crucial for success in self-directed learning environments.

These four coaching frameworks GROW, CLEAR, Solution-Focused Coaching, and Motivational Interviewing provide complementary approaches for supporting online learners. Each offers unique strengths and can be adapted to address different aspects of the online learning experience. The key to effective implementation lies in matching the appropriate framework to the specific needs and circumstances of individual students while maintaining the core principles of coaching psychology: respect for autonomy, focus on strengths, and commitment to empowering students to achieve their full potential.

NEURODIVERSITY-AFFIRMING COACHING APPROACHES IN ONLINE LEARNING

The integration of neurodiversity-affirming principles into coaching psychology represents a crucial advancement in creating truly inclusive online learning environments. This approach recognizes neurological differences as natural variations in human cognition rather than deficits to be corrected, fundamentally shifting how we understand and support neurodivergent learners in virtual educational settings. This section explores how coaching psychology frameworks can be adapted to honor neurodivergent ways of thinking, learning, and being while addressing the unique

challenges and leveraging the distinctive strengths that neurodivergent students bring to online learning environments.

Understanding Neurodiversity in Online Learning Contexts

Neurodiversity, a term coined by sociologist Judy Singer in the late 1990s, encompasses the natural variation in neurological development and functioning among humans. This includes individuals with autism spectrum disorder, ADHD, dyslexia, dyspraxia, Tourette syndrome, and other neurological differences. The neurodiversity paradigm challenges traditional deficit-based models that pathologize these differences, instead recognizing them as valuable forms of human diversity that contribute unique perspectives, skills, and ways of understanding the world.

In online learning environments, neurodivergent students may experience both unique advantages and specific challenges. The flexibility and self-paced nature of online learning can be particularly beneficial for students who thrive with routine, require additional processing time, or need to manage sensory sensitivities. However, the lack of structure, potential for sensory overload from digital interfaces, and challenges with executive functioning can create significant barriers if not properly addressed through thoughtful design and support.

Research by Le Cunff et al. (2024) demonstrates that neurodivergent students experience significantly higher levels of extraneous cognitive load in online learning environments compared to their neurotypical peers. This increased cognitive burden stems from factors such as inaccessible content formats, unclear instructions, poor-quality transcripts, and overwhelming digital interfaces. These findings highlight the critical need for coaching approaches that not only accommodate these differences but actively leverage the strengths and unique perspectives that neurodivergent learners bring to their educational experiences.

The Double Empathy Problem and Its Implications for Online Coaching

A fundamental concept in neurodiversity-affirming practice is the Double Empathy Problem, first articulated by autism researcher Damian Milton (2012). This theory challenges the traditional view that communication difficulties between autistic and non-autistic individuals result solely from deficits in autistic people's social skills. Instead, it proposes that these difficulties arise from mutual misunderstanding and differences in communication styles, with both parties contributing to the breakdown in understanding.

In online learning contexts, the Double Empathy Problem has significant implications for how coaching relationships are established and maintained. Traditional

coaching approaches may inadvertently privilege neurotypical communication styles and expectations, creating barriers for neurodivergent students who may process information differently, require more time to formulate responses, or express themselves in ways that don't conform to conventional social norms.

Neurodiversity-affirming coaching addresses this challenge by recognizing that effective communication requires adaptation from both parties. Coaches working with neurodivergent online learners must develop cultural competence in neurodivergent communication styles, just as they would when working across any cultural difference. This might involve adjusting expectations about eye contact in video calls, allowing for longer processing times, providing multiple communication modalities, and recognizing that different expressions of engagement or understanding may be equally valid.

For online learning environments, this principle translates to creating multiple pathways for participation and engagement. Rather than assuming that all students will engage in the same ways, neurodiversity-affirming approaches recognize that some students may prefer written communication over verbal, may need additional time to process complex information, or may express their understanding through alternative formats. The goal is not to make neurodivergent students conform to neurotypical expectations, but to create inclusive environments where diverse ways of thinking and communicating are valued and supported.

Addressing Sensory and Cognitive Load Considerations for Neurodivergent Learners

Online learning environments can present significant sensory and cognitive challenges for neurodivergent learners. Coaching approaches must actively address these factors to create truly accessible and supportive learning experiences.

Sensory considerations in online coaching include managing visual and auditory stimuli that may be overwhelming or distracting. This might involve adjusting lighting, reducing background noise, using simple and uncluttered visual interfaces, and providing options for sensory regulation during sessions. Coaches should be prepared to discuss sensory preferences and needs with students and collaborate on creating optimal learning environments.

Cognitive load management is crucial for neurodivergent learners who may experience higher levels of extraneous cognitive load in online environments. Coaching approaches should focus on reducing unnecessary cognitive demands while building students' capacity to manage the cognitive load that is essential for learning. This might involve breaking complex tasks into smaller components, providing clear and consistent navigation structures, offering multiple formats for information presentation, and teaching explicit strategies for managing attention and focus.

Executive functioning support is often a crucial component for neurodivergent learners. This includes helping students develop systems for time management, task organization, priority setting, and goal monitoring. In online learning environments, this might involve teaching students to use digital tools effectively, creating structured routines for engaging with coursework, and developing strategies for managing the increased autonomy and self-direction required in virtual learning.

Building on Neurodivergent Strengths

Neurodiversity-affirming coaching actively identifies and builds upon the unique strengths and perspectives that neurodivergent learners bring to their educational experiences. These strengths are not consolation prizes or compensations for deficits, but genuine advantages that can enhance learning and contribute to academic and personal success.

Many neurodivergent individuals demonstrate exceptional abilities in areas such as pattern recognition, systematic thinking, attention to detail, creative problem-solving, and deep focus on areas of interest. In online learning environments, these strengths can be particularly valuable. For example, students with autism may excel at identifying inconsistencies in course materials or developing innovative approaches to complex problems. Students with ADHD may bring high energy and creativity to collaborative projects or demonstrate exceptional ability to make novel connections between ideas.

Coaching approaches should actively explore and develop these strengths while helping students understand how to leverage them in their academic work. This might involve helping students identify their optimal learning conditions, developing strategies for applying their strengths to challenging areas, and building confidence in their unique capabilities.

The goal of neurodiversity-affirming coaching is not to help neurodivergent students become more like their neurotypical peers, but to support them in developing their own authentic ways of learning, thinking, and contributing to their educational communities. This approach recognizes that diversity of thought and perspective enriches the learning environment for all students and that neurodivergent learners have valuable contributions to make when provided with appropriate support and recognition.

BUILDING SELF-EFFICACY AND AUTONOMY IN ONLINE LEARNERS

The development of self-efficacy and autonomy represents a cornerstone of successful online learning, as students in virtual environments must navigate their educational journey with greater independence and self-direction than their counterparts in traditional classroom settings. Drawing from the rich theoretical foundations of coaching psychology, this section explores how evidence-based approaches can systematically build these crucial psychological resources, empowering online learners to take ownership of their educational experience and develop the confidence necessary for sustained academic success.

Understanding Self-Efficacy in Online Learning Contexts

Self-efficacy, as conceptualized by Bandura (1997), refers to an individual's belief in their capacity to execute behaviors necessary to produce specific performance attainments. In online learning environments, self-efficacy becomes particularly crucial because students must believe not only in their ability to master academic content but also in their capacity to navigate technological challenges, manage their time effectively, and learn independently without the immediate support and structure provided by traditional classroom environments.

Self-efficacy is not merely about possessing the required skills; it encompasses having the confidence to apply those skills effectively under pressure and in novel situations. For online learners, this translates to believing in their ability to troubleshoot technical problems, engage meaningfully in virtual discussions, complete assignments without immediate instructor guidance, and persist through challenges that may arise in self-directed learning environments. This multifaceted nature of self-efficacy in online learning requires coaching approaches that address both academic confidence and technological competence.

The dynamic nature of self-efficacy makes it particularly amenable to coaching interventions. Self-efficacy can be developed and strengthened through positive experiences, observing others succeed in similar situations, receiving constructive feedback, and learning to manage emotions effectively during challenging situations. Coaching psychology provides systematic approaches for facilitating these experiences, creating opportunities for students to build confidence through successive achievements while developing the resilience necessary to persist through setbacks.

Research demonstrates that self-efficacy significantly influences how students set goals, approach challenges, and respond to difficulties. Students with high self-efficacy are more likely to set challenging goals, persist in the face of obstacles, and recover more quickly from setbacks. Conversely, students with low self-efficacy may avoid

challenging tasks, give up more easily when faced with difficulties, and experience higher levels of stress and anxiety. In online learning environments, where students face unique challenges and must demonstrate greater self-direction, building self-efficacy becomes essential for both academic success and psychological well-being.

The Interplay of Self-Efficacy and Autonomy

Autonomy, as defined within Self-Determination Theory (Deci & Ryan, 2000), refers to the feeling of volition and choice in one's actions, the sense that one's behavior is self-initiated and self-regulated rather than controlled by external forces. In online learning contexts, autonomy involves students taking ownership of their learning process, making meaningful choices about how they engage with material, and developing the self-regulation skills necessary for independent learning.

The relationship between self-efficacy and autonomy is synergistic and mutually reinforcing. As students develop greater confidence in their abilities (self-efficacy), they become more willing to take ownership of their learning and make independent choices (autonomy). Conversely, as students experience greater autonomy and control over their learning, they develop stronger beliefs in their capabilities and effectiveness. This positive cycle creates a foundation for sustained motivation and engagement in online learning environments.

Coaching psychology approaches recognize this interconnection and work to develop both constructs simultaneously. Rather than focusing on one aspect in isolation, effective coaching helps students understand how their growing confidence enables greater self-direction, while their increasing autonomy builds their sense of competence and effectiveness. This integrated approach is particularly important for online learners who must develop both the confidence to learn independently and the skills to manage their own learning process effectively.

Managing Emotional and Physiological States

Self-efficacy also involves learning to interpret and manage emotional and physiological responses to challenging situations. Online learners may experience unique stressors, including technology anxiety, isolation, or overwhelm from managing multiple responsibilities. Coaching approaches can help students develop emotional regulation skills and reframe their physiological responses in ways that support rather than undermine their confidence.

This involves helping students understand that some level of stress or anxiety is normal and can even be beneficial for learning, while also providing strategies for managing overwhelming emotions. Techniques might include mindfulness practices,

stress management strategies, cognitive reframing exercises, and the development of self-care routines that support sustained engagement with learning.

Coaches can also help students develop awareness of their optimal learning conditions and emotional states. This might involve exploring questions such as: When do you feel most confident and capable in your learning? What environmental or emotional factors contribute to your best learning experiences? How can you create conditions that support your optimal learning state?

Developing Autonomy Through Self-Regulation

Autonomy in online learning is closely connected to the development of self-regulation skills the ability to monitor, control, and direct one's own learning process. Self-Regulation Theory, as developed by Zimmerman (2023), describes a cyclical process of forethought, performance, and self-reflection that enables learners to take control of their educational experience.

The forethought phase involves goal setting, strategic planning, and self-motivation. Coaching approaches can support this phase by helping students develop clear, meaningful goals that connect to their values and long-term aspirations. This involves not just setting academic targets but understanding why these goals matter personally and how they connect to broader life objectives.

Strategic planning involves helping students develop personalized approaches to learning that account for their individual strengths, preferences, and circumstances. This might include identifying optimal study environments, developing time management systems, selecting appropriate learning strategies, and creating accountability mechanisms. The key is helping students develop systems that work for their unique situation rather than imposing one-size-fits-all approaches.

The performance phase involves the implementation of learning strategies and ongoing monitoring of progress. Coaching approaches can support this phase by helping students develop metacognitive awareness the ability to think about their own thinking and learning processes. This includes helping students recognize when they are learning effectively, when they need to adjust their approach, and when they need to seek additional support.

The self-reflection phase involves evaluating performance, identifying what worked well and what could be improved, and adjusting strategies for future learning. Coaching approaches can facilitate this reflection through structured debriefing sessions, reflective journaling exercises, and collaborative analysis of learning experiences.

Building Resilience and Growth Mindset

The development of self-efficacy and autonomy in online learning is closely connected to building resilience and fostering a growth mindset. Resilience involves the ability to persist through challenges, recover from setbacks, and maintain motivation in the face of difficulties. A growth mindset, as conceptualized by Dweck (2006), involves believing that abilities and intelligence can be developed through effort, strategy, and support.

Coaching approaches can foster resilience by helping students reframe challenges as opportunities for growth, develop coping strategies for managing stress and setbacks, and build support networks that provide encouragement and assistance when needed. This involves helping students understand that struggle and difficulty are normal parts of the learning process rather than indicators of inadequacy or failure.

The development of a growth mindset involves helping students focus on process rather than outcome, effort rather than ability, and learning rather than performance. This shift in perspective can be particularly powerful for online learners who may face unique challenges and may be tempted to attribute difficulties to personal inadequacies rather than the natural challenges of learning in virtual environments.

Coaching approaches can facilitate this mindset shift through careful attention to language and framing. Rather than focusing on what students can't do, coaches help them explore what they haven't learned yet. Rather than attributing success to innate ability, coaches help students recognize the role of effort, strategy, and persistence in their achievements.

The systematic development of self-efficacy and autonomy through coaching psychology approaches creates a foundation for sustained success in online learning environments. By building students' confidence in their capabilities and supporting their development of self-regulation skills, these approaches empower learners to take ownership of their educational journey and develop the resilience necessary for lifelong learning. The integration of these psychological resources with the practical strategies and support systems discussed in subsequent sections creates a comprehensive framework for unlocking student potential in online higher education.

PRACTICAL IMPLEMENTATION OF COACHING PSYCHOLOGY IN ONLINE EDUCATION

Training Educators in Coaching Approaches

The integration of coaching psychology into online education requires systematic training programs that help educators develop both the mindset and skills necessary

for effective coaching interactions. This training must address the unique challenges and opportunities present in virtual learning environments while building upon educators' existing expertise and experience.

Foundational training should introduce educators to core coaching psychology principles, including the importance of autonomy support, strengths-based approaches, and collaborative goal-setting. This training helps educators understand how coaching differs from traditional teaching approaches and how it can complement and enhance their existing pedagogical practices.

Skill development focuses on specific coaching techniques that can be integrated into online educational interactions. This includes learning to ask powerful questions that promote reflection and self-discovery, developing active listening skills that work effectively in virtual environments, and mastering feedback techniques that build rather than undermine student confidence and motivation.

The adaptation of coaching skills for online environments requires specific attention to the unique challenges of virtual communication. Educators must learn to build rapport and trust through digital platforms, recognize and respond to non-verbal cues in video interactions, and create engaging and supportive experiences through asynchronous communication channels.

Ongoing support and supervision ensure that educators continue to develop their coaching skills and receive feedback on their implementation efforts. This might involve peer coaching circles, mentoring relationships with experienced coaching practitioners, or regular reflection and feedback sessions that help educators refine their approach.

The integration of coaching approaches into existing curricula requires careful planning and support. Educators need guidance on how to incorporate coaching principles into their course design, assessment practices, and student interactions without compromising academic rigor or learning objectives. This involves understanding how coaching can enhance rather than replace traditional pedagogical approaches.

Assessment and Feedback Mechanisms

The implementation of coaching psychology based approaches requires the development of assessment and feedback mechanisms that align with coaching principles while providing meaningful information about student progress and program effectiveness.

Formative assessment strategies focus on ongoing feedback and reflection rather than summative evaluation. This includes regular check-ins that help students assess their progress toward goals, reflective exercises that promote self-awareness and metacognition, and collaborative evaluation processes that involve students in assessing their own learning and development.

Strengths-based assessment approaches emphasize identifying and building upon student capabilities rather than focusing primarily on deficits or areas of weakness. This might involve portfolio assessments that showcase student growth and achievements, peer feedback processes that highlight diverse strengths and perspectives, and self-assessment tools that help students recognize their own capabilities and progress.

Goal-tracking systems enable students and coaches to monitor progress toward individually defined objectives. These systems should be flexible enough to accommodate diverse goals and learning paths while providing clear indicators of progress and achievement. The tracking process should empower students to take ownership of their progress while providing coaches with information necessary to provide appropriate support.

Feedback delivery must align with coaching psychology principles, emphasizing growth, effort, and strategy rather than fixed ability or performance comparisons. Feedback should be timely, specific, and actionable, helping students understand not just what they accomplished but how they can continue to grow and improve.

Student voice and choice in assessment processes honor the autonomy principle central to coaching psychology. This might involve allowing students to choose from multiple assessment formats, participate in designing their own assessment criteria, or engage in self-directed learning projects that align with their interests and goals.

Program evaluation mechanisms assess the effectiveness of coaching psychology interventions at both individual and institutional levels. This includes tracking student outcomes such as retention, engagement, and satisfaction, as well as measuring changes in self-efficacy, motivation, and well-being. Evaluation should also examine the impact on

Supporting Marginalized and Neurodivergent Students

The implementation of coaching psychology approaches must include specific strategies for supporting marginalized and neurodivergent students, ensuring that these approaches are truly inclusive and accessible to all learners.

Culturally responsive coaching approaches recognize and honor the diverse cultural backgrounds, experiences, and perspectives that students bring to their educational journey. This includes understanding how cultural factors may influence communication styles, learning preferences, and goal-setting processes, and adapting coaching approaches accordingly.

Trauma-informed practices acknowledge that many students may have experienced trauma that affects their learning and development. Coaching approaches should be sensitive to these experiences, creating safe and supportive environments that promote healing and growth rather than re-traumatization.

Accessibility accommodations ensure that coaching psychology approaches are available to students with disabilities or other accessibility needs. This includes providing multiple communication modalities, allowing for extended processing time, and adapting coaching techniques to accommodate different learning styles and capabilities.

Identity-affirming approaches recognize and celebrate the diverse identities that students bring to their educational experience. This includes understanding how factors such as race, ethnicity, gender identity, sexual orientation, socioeconomic status, and neurodiversity may influence students' educational experiences and adapting coaching approaches to honor and support these identities.

Systemic advocacy involves working to address institutional and societal barriers that may impede student success. This includes advocating for policy changes that support equity and inclusion, challenging discriminatory practices, and working to create more just and equitable educational environments.

The practical implementation of coaching psychology in online education requires sustained commitment, careful planning, and ongoing adaptation based on student needs and feedback. By addressing these implementation considerations systematically, institutions can create online learning environments that truly unlock student potential and promote equity, well-being, and success for all learners.

LIMITATIONS AND PRACTICE GAPS IN COACHING PSYCHOLOGY FOR ONLINE EDUCATION

While coaching psychology offers transformative potential for enhancing student motivation, self-efficacy, and well-being in online higher education, its application is subject to several practical limitations and systemic challenges. A nuanced understanding of these constraints is essential to effectively integrate coaching approaches and to foster realistic expectations within institutional and policy frameworks.

Resourcing Limitations

Coaching psychology often relies on intensive, personalized one-to-one interactions, which can limit scalability in large online programs with thousands of learners. The personalized nature of coaching demands significant time investment from trained professionals, raising concerns about cost-effectiveness and institutional capacity to provide wide-reaching services (Grant, 2016). Financial constraints further compound challenges, as developing and sustaining coaching programs can require dedicated budgets for recruitment, training, supervision, and technology infrastructure.

Faculty and Staff Preparedness

Successful implementation depends heavily on faculty and staff readiness to adopt coaching mindsets and methods. Many educators lack formal training in coaching techniques, and ongoing professional development is required to build competencies in motivational interviewing, reflective listening, and culturally sensitive practices (Grant, 2016). Resistance may also arise due to entrenched pedagogical paradigms focused on content transmission or remediation rather than holistic coaching.

Integration within Institutional Structures

The integration of coaching into formal curricula and student support systems often conflicts with existing accreditation standards, workload allocations, and administrative priorities. Institutions balancing competing demands, such as faculty research obligations and large class sizes, may find it challenging to embed coaching without systemic policy support and realignment of reward structures

Digital Divide and Access Inequities

The effectiveness of coaching psychology in online settings is contingent on reliable digital access and technology literacy. Persistent disparities in internet connectivity, device availability, and digital skill proficiency disproportionately affect marginalized and low-income students, limiting equitable access to coaching interventions (Ndibalema, 2022). Without addressing these infrastructural inequities, coaching risks exacerbating existing gaps rather than mitigating them.

CONCLUSION: TRANSFORMING ONLINE HIGHER EDUCATION THROUGH COACHING PSYCHOLOGY

The integration of coaching psychology principles into online higher education represents a paradigm shift that holds profound promise for addressing the complex challenges facing virtual learners while unlocking their full potential for academic success and personal growth. Throughout this chapter, we have explored how the systematic application of evidence-based coaching approaches can transform the online learning experience, creating more equitable, supportive, and empowering educational environments for all students, with particular attention to the needs of marginalized and neurodivergent learners.

The foundational motivation theories examined Self-Determination Theory, Expectancy-Value Theory, and Goal-Setting Theory provide crucial insights into

the psychological drivers of student engagement and persistence in online learning environments. These theories illuminate the importance of autonomy, competence, and relatedness in fostering intrinsic motivation, while highlighting how students' expectations of success and the value they place on their educational goals significantly influence their engagement and effort. The integration of these theoretical frameworks with coaching psychology approaches creates a robust foundation for understanding and supporting online learners' psychological needs.

The psychological barriers commonly experienced by online learners isolation, low motivation, burnout, lack of confidence, and technical difficulties are not insurmountable obstacles but rather challenges that can be systematically addressed through targeted coaching interventions. For marginalized and neurodivergent students, these barriers are often intensified by systemic bias, sensory overload, financial stress, and lack of culturally competent support. However, the coaching psychology frameworks explored in this chapter offer evidence-based approaches for transforming these challenges into opportunities for growth and empowerment.

To advance the application of coaching psychology in online higher education, it is imperative to prioritize rigorous empirical research and comprehensive program evaluation. Future studies should employ diverse methodologies including randomized controlled trials, longitudinal designs, and mixed-methods approaches to examine the effectiveness, scalability, and long-term impact of coaching interventions among varied student populations, particularly those from marginalized and neurodiverse groups. Developing standardized metrics for assessing outcomes such as motivation, retention, academic success, and well-being will enhance comparability and inform best practices. Equally important is the inclusion of student voices and experiences to ensure coaching approaches are contextually relevant, culturally responsive, and equitable. By fostering an ongoing cycle of evidence generation and reflective practice, institutions can make informed decisions about resource allocation and sustain coaching innovations that meaningfully support learner success in the evolving landscape of online education.

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