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# Practicing Coaching Training Croatia



October 27. – November 02. 2012

Zagreb, Croatia



Syncro Training Center

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## About “Practicing Coaching Training Croatia”

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This training can be described as a *coaching session* that lasts for seven days, where you have the opportunity to be coached on getting what you want, while coaching others towards their own desires and wanted results. This training is designed in a way that can be tailored to your individual needs.

Upon the basic skills and techniques that are given, you develop **your own coaching style**. You learn how to work out of your own qualities and how to improve and implement your already existing knowledge. **You will be able to identify your own style, develop it and market it.** The training deals with one main question: **How to take the step from being able and knowing, to wanting, daring and doing?** More precisely, in this training, everything that comes from our awareness level will be combined with direct actions and practice. We will practice the know-how from skills and techniques, until the moment we own them.

This training was developed and is supported by the Olde Vechte Foundation from Holland, that first started delivering this program in 2010, which proved to be very successful.

### Who can do this training?

The Training is open for everyone, who has a few years of experience in working with people. Out of our experience, we know that **this training is most effective for those people who work with individuals or groups**, as volunteers or as professionals (e.g. coaches, mentors, teachers, educators, managers, supervisors, consultants). This is because, the theory we give and the skills we practice will make sense and will be useful, if you can connect them with your previous experience and if you will be able to implement them in upcoming events. There is no age limit and it is open to all countries.

### How is the training built up?

The training is built up as a **complete coaching session** that lasts for **seven days**, where you have the opportunity to be coached on getting what you want, while coaching others towards their own desires and needs. We will work from all different aspects of coaching, such as **self-coaching, coaching one to one, coaching small teams and groups**. For all these aspects, we will offer skills and techniques and will practice them, until the moment we own them.

**First day:** During the first day, you will have the opportunity to define your own concept on coaching, through direct experience and action. Also, you will get the chance to identify where are you standing right now, and, through this, where do you desire to be. By the end of the day, you will clarify what is your own vision on coaching and which are the learning questions that will lead you towards it.

**Second day:** The second day will provide you with several tools and techniques, by handling the following questions: How to create connection and remain in rapport with a client? How to ask questions, in order not to put the best of yourself into the other, but to get the best out of the other? How to identify the different learning styles that you and the others are enhancing?

**Third day:** During the third day, you will get the opportunity to practice and develop a wider range of approaches that are available, which can give you the confidence of handling a client in many different ways. This day is focusing on how to perform attention-giving behaviour, how and when to use techniques, such as backtracking, summarizing & paraphrasing, reflecting on feelings and how to handle resistance.

**Fourth day:** The fourth day is focusing on how to expand your creativity and fantasy, while coaching. During this day, you will have many chances to practice how to use reframing, how to give a client input of the second order, how to give assignments from all different areas and how to use effectively metaphors and story-telling.

**Fifth day:** During the fifth day, you will implement all different techniques and approaches that were given during the previous days. Day five is focusing on giving you the confidence, through your own practice, that you can perform in all different coaching circumstances, by being able to reflect on your own acting and by being able to appoint and apply all kinds of options that you have available.

**Sixth day & seventh day:** During these two days, you will get the opportunity to arrange and realize your own complete and successful coaching session, by having a client. Through several enjoyable meetings, you will get the chance to start, perform and complete a whole coaching session, by using your own unique style and method. These last two days, you will also identify and specify in details your own recipe on how you do your self-coaching, so that you feel totally confident to recreate everything that you created during the days of the training.

### Results of the training

The result of the training can be that you will identify and show up all your core qualities and you will be able to perform all different approaches available, through your own unique style. Additionally to this, a result can be a long lasting confidence, while interacting with others, which will bring you to your desired outcomes with much less effort than before.

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## How does the training work?

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### Our philosophy and approach

Like sport stars and great artists, we believe that great coaches and performers become proficient and *create results through awareness and practice*. One, without the other, is insufficient. This is why, in this training, we will combine everything that comes from the *awareness level* with *direct actions* that stimulate *constant practice*.

Our approach to learning inside the coaching field is a 'holistic' one. It starts from the fact that we explore what it is to be human from a *perspective of the 'whole'*. We believe that the moods and emotions we live and lead from, along with the way we physically move in life, along with the way we generate our reality in language, along with our value systems, all influence and form the action we take and the results we get.

In order to reach this, we will use knowledge from several approaches, such as the following: experiential learning, methods and theories on group dynamics, Transaction Analysis, NLP (Neuro-Linguistic Programming), Strategic Intervention and Human Needs Psychology (Antony Robbins).

### Interaction with others

During the training the whole group is working as a support system for one another. All the skills and techniques given will be practiced in many different settings, such as couples, small teams of three or four people and bigger groups. As far as we are in the field of coaching, constant interaction with others, through several combinations, is essential and very helpful. Through this interaction, the chance is also given for every individual **to coach and to be coached** during the days of the training.

### Tools and extra elements

As an extra element, we are using in some spots during the training the tool of media. Media are going to be a tool in two different ways. Either in order to show and to share through videos successful performances and knowledge, of others from the field of coaching or in order to reflect on what we are practicing during the days.

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## Practical Information

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### Language

The training is given in simple, easy-to-understand English.

### Trainers

The trainer will be **Stella Saratsi** (Greece), assisted by a small international team of co-workers.

### Selection

For this training we use a chronological system of selection (in the order of receiving applications) from the applicants who meet the criteria of the target group. The filled applications should be sent to [syncro@syncro.hr](mailto:syncro@syncro.hr)

### Confirmation

If you are selected to the training, you will receive a **confirmation letter**. If you have received this letter, you can start arranging your travel.

### Participation Fee

As part of the Synergy Group, we want to keep the expenses for participants as low as possible, so everyone can participate. We realize that still for many individuals the travel and participation fee can be an investment.

We invite you to be creative about it. More specifically, there are all kinds of cheap ways to travel, if you spend some time to look for it or ask someone to support you in it. Sharing with people the fact that you are looking for cheap ways of travelling to Croatia is, mostly, very effective. Also, asking and sharing about the participation fee is a very effective way of getting support. If you think this training is for you, do not let the money be an obstacle to give yourself this experience.

Participation Fee	<b>380€</b>
Participants that have done a Synergy or Syncro Training – <b>10% discount</b>	<b>350€</b>
Students and persons without a paid job – <b>20% discount</b>	<b>310€</b>

You can get a discount in one category only.

Participants are taking care of their own travel expenses. Hosting, catering and training expenses are covered by the Syncro Training Center.

As part of the application process, we require that you pay a deposit of 100 € to our bank account to reserve your seat in the training. The rest can be paid in cash upon your arrival.

### Payment options

You can pay the participation fee in two ways:

- 1. By bank transfer before the training starts** (keep in mind that sometimes it takes a few days for the money to be transferred, if it is an international payment); the bank account number is provided.
- 2. In cash during the registration** at the accommodation, (this will take place before the start of the training).

### Dates of the project:

<u>Arrival days:</u>	<b>26. October and 27<sup>th</sup> October until 15:00</b>
<u>Start of the program:</u>	<b>27<sup>th</sup> October at 16:00</b>
<u>End of the program:</u>	<b>02<sup>th</sup> November 20:00</b>
<u>Departure day:</u>	<b>03<sup>th</sup> November until 10:00 a.m.</b>

\*\*\*In total, there are 7 working days.

If you want to **arrive earlier** or **leave later** and you need accommodation, there will be special prices arranged at the accommodation for participants in the Training.

### Accommodation

The training will take place in and around the group accommodation "Swanky" ([www.swanky-hostel.com](http://www.swanky-hostel.com)) in Zagreb. In order to keep participation fee low, we ask from participants to do **light household duties**. In the house there is a **wireless Internet connection** and a **washing machine** available. Food and catering is provided by the Syncro Training Center.



The accommodation is 15 minutes from the Zagreb city center by tram. More information about how to get there and what to bring with you, we will send you, after your application form has been approved.

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## About Syncro Training Center

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Syncro Training Center is a coaching and training organization specializing in finding excellence in one's personal and professional life. It recognizes the uniqueness of each individual and is focused on helping people discover and optimally use their own unique strengths and qualities. The vision of Syncro is to create a world that works for everyone, by delivering powerful personal and professional development trainings. As part of the International Synergy Group, we are committed to provide professional quality trainings to the wide audience of people working with individuals and groups.

### Contact Information

**Syncro Training Center**

Office: Opatovina 23  
10000 Zagreb  
CROATIA

**Phone:** +385 98 933 4747  
+385 91 539 7248

**E-mail:** [syncro@syncro.hr](mailto:syncro@syncro.hr)

**Website:** [www.syncro.hr](http://www.syncro.hr)

**Bank Account Details:**

Privredna banka Zagreb

IBAN: HR87 2340 0091 1104 6552 7

SWIFT Code: PBZGHR2X