



PRACTICING COACHING INFO LETTER

30TH APRIL – 6TH MAY 2013
OMMEN, THE NETHERLANDS

Dear reader, if you are considering attending the *Practicing Coaching Training*, we dearly ask you to go carefully through this info letter as it contains important information about both the content and the practical aspects of the event. The first part of it explains our philosophy and approach to the training, including a day-to-day summary of what will happen, the tools we are using and the results that you might get. The second part of it contains details about the dates, the accommodation, the trainers, the application form, the selection procedure and the participation fee. If you want to contact us or know more about the foundation you can find all the information in the last page.

OUR PHILOSOPHY

Like great athletes, renowned artists or successful professionals, we believe that great coaches and performers become skilled and create results through awareness and practice. One without the other is insufficient. For this reason, in this training we will combine everything that comes from the awareness level with direct actions that stimulate constant practice.

Our approach to learning in the coaching field is a **holistic** one. It starts with the exploration of what it means to be human from the perspective of the **whole**. We believe that the physical and the mental status of a person are interlinked.

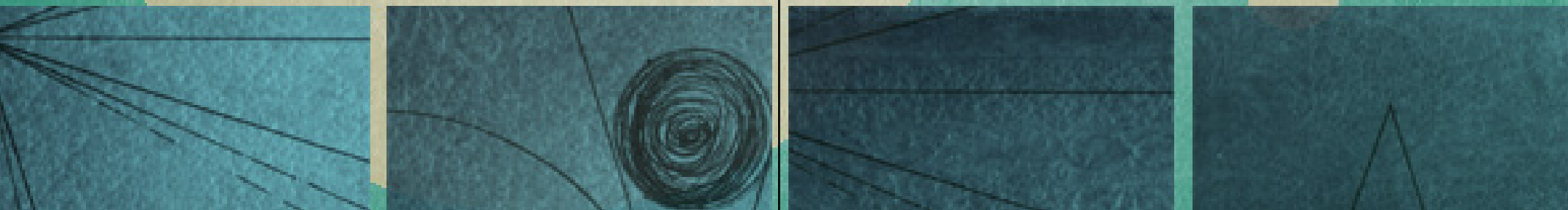
In line with our holistic approach, we like to combine different methodologies and perspectives, such as Experiential Learning, Methods and Theories on Group Dynamics, Transaction Analysis, Neuro-Linguistic Programming, Strategic Intervention and Human Needs Psychology.

THE TRAINING

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 it can be tailored to your individual needs.

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 is open for everyone who works with people, with or within groups or with individuals, like mentors, teachers, educators, consultants, supervisors, but also people that want to support their family or friends, that want to learn how to handle other people in their professional or personal environment. We know from our own experience that this training is most effective when theory can be connected with previous experiences in working with or handling people.



BUILD UP

The first day: During the first day you will have the opportunity to define your own concept of coaching through direct experience and action. Also, you will get the chance to identify your skills, how you want to improve them and what are the results you want to get. 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.

The second day: This day will provide you with several tools and techniques, by handling the following questions: *How to create connection and remain in rapport with a coachee? 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?*

The 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 coachee 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 and paraphrasing, reflecting on feelings and how to handle resistance.

The fourth day: This 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 to a coachee input from the second order, how to effectively listen to the coachee and approach his or her situation from a different perspective, how to give assignments from different areas and how to use effectively storytelling.

The fifth day: Day five is focusing on giving you the confidence through your own practice that you can perform in all different coaching circumstances. You will be able to reflect on your own acting and identify and apply all kinds of options that you have available: reframing, behavioural coaching, changing memories, creating different states.

The sixth & seventh day: During these two days, you will get the opportunity to arrange and realize your own complete coaching session by having a coachee. Through several meetings you will get the chance to start, perform and complete a whole coaching session by using your own unique style and method. During these 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 perform everything that you created during the days of the training.

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.

MEDIA

In this training we will be working also with media. By media we mean video and it will be used as a tool in two different ways. Either in order to show and to share successful performances and knowledge of others from the field of coaching or as feedback on what we are practicing during the training.

RESULTS

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 and develop it. 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.



A hand holding a lit lightbulb with a sketch of a face inside it. The background is a textured, light green color.

PRACTICALS

DATES

Arrival day: 29th of April 2013, after 13:00 hrs.

Start of the training: 30th of April, 15:00 hrs.

End of the training: 6th of May, 20:30 hrs.

Departure day: 7th of May 2013 (morning)

There are in total 7 working days, excluding the travelling days. If you wish to arrive earlier or leave later, please let us know so we can support you in finding accommodation.

ACCOMMODATION

The training will take place in and around the group accommodation of Olde Vechte. Hosting and catering will be provided within this accommodation.

About the house: there is a wireless internet connection in the house that you can use. There are 12 sleeping rooms that can be occupied by 2 to 6 people and the showers and toilets are common on each floor. Besides the training room, which we call the Big Room, there are a cosy area and a working area available. There are a washing machine and a dryer that you can use. The accommodation is located within a walking distance from the city centre (approx. 500 m).

For more details, please have a look on the website: www.oldevechte.nl

*Please note that in order to keep participation fee low we ask participants to support us with light household duties.

THE TRAINERS

The trainers of this event will be **Marco Vlaming** and **Stella Saratsi**.

Marco comes from the Netherlands and is the director of the Foundation. Marco has been developing and running trainings in Olde Vechte since 1991. He has also worked with the police force and has a long experience in working with personal development and coaching in the context of international groups

Stella comes from Greece and has been working with us for many years now. As one of the professionals in the foundation she is delivering personal development trainings and coaching trainings. She has a background in applied linguistics and a great deal of experience in working with groups.

The trainers will be assisted during this event by an international team.

LANGUAGE

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

APPLICATION FORM

Click the link below to access the application form. Please note that only application forms that have been fully completed will be taken into consideration.

[click here for the application form](#)

SELECTION

For this training we use a chronological system of selection (in the order of receiving the application) from the applicants who meet the criteria of the target group. We usually work with groups of 24 to 28 people.

CONFIRMATION

If you are selected to the training you will receive a confirmation letter with more details about your arrival and participation in the training.. If you have received this letter, you can start arranging your travelling.

PARTICIPATION FEE

The participation fee for this training is of € 290.

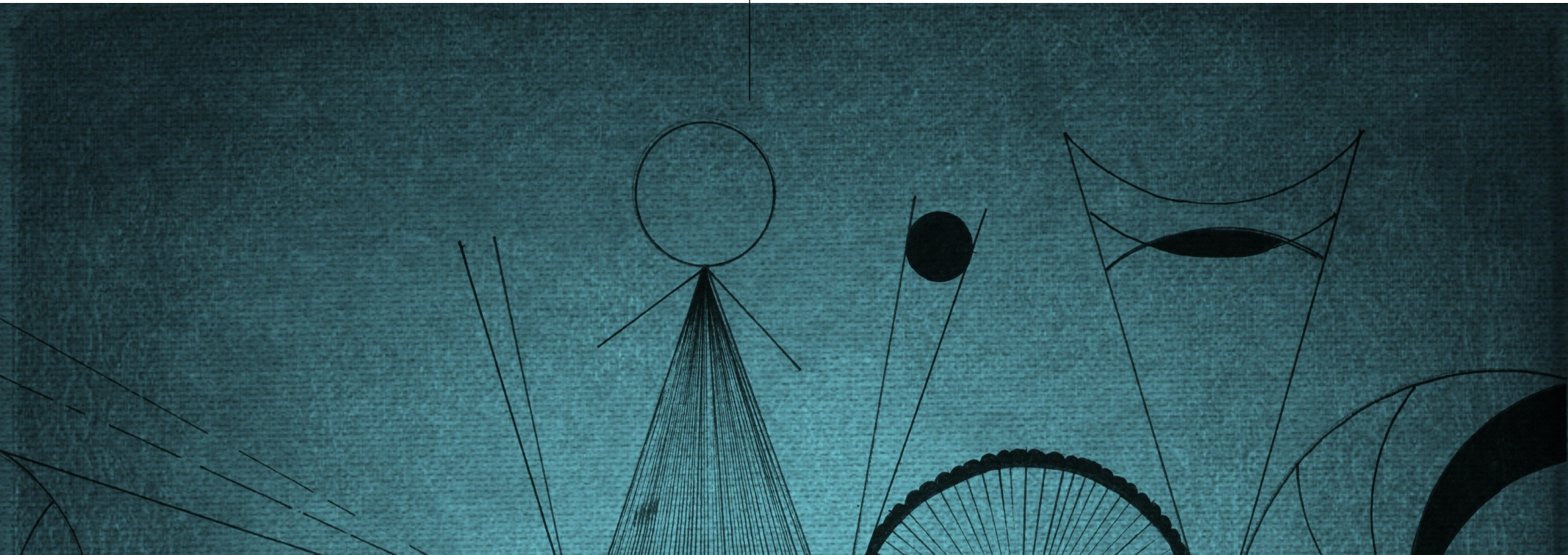
The participation fee for people coming from **The Netherlands, Belgium, Germany, United Kingdom, France, Norway, Sweden, Finland, Denmark and Iceland** is of € 390.

Discounts:

- > You receive **20%** if you are a student or you don't have a paid job.
 - > If you have done a Basic Synergy Training, you receive a **10%** discount.
 - > If you are a student or you don't have a paid job and have completed a Basic Synergy Training you receive a total discount of **30 %**.
- *The discounts apply regardless of the country you're coming from.

How you can pay:

- > **By bank transfer** before the start of the training (please keep in mind that international bank transfers might take up to a week, depending on your location).
- > **In cash** during the registration at Olde Vechte, (this will take place before the start of the training)



ABOUT THE FOUNDATION

Olde Vechte is a non-profit organization, based in Ommen, the Netherlands. It is an organization with a long experience in non-formal education, personal development, coaching, social and cultural work. Throughout the years it has developed site specific methodologies that have been adapted to different projects. Every year it approaches various social and cultural topics through projects run by professional trainers and international teams. The Foundation is open to anyone who is motivated to improve their personal and professional skills in order to create a better society and a higher quality of life. Striving to bring spirit and energy to each individual, the trainings and projects of Olde Vechte Foundation take learning as an organic process coming from the diversity of talents and motivations of the people involved. The Foundation works out of the vision to create a world that works for everyone out of love, care and cooperation.



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