



COACHING, training Poland

11th-15th September 2026

WELCOME

We are delighted to welcome participants to the Coaching Training Course taking place in the spa town of Busko-Zdrój, Poland, from 11th to 15th September 2026.

This information pack includes useful details about accommodation, training venues, transport, and the local area.



What will you learn during this training?

Crisis Management: Recognize psychological crises & apply RAPID model + Psychological First Aid

Motivation & Engagement: Apply Self-Determination Theory, SMART goals & reflection tools

Inclusion & Neurodiversity: Use FUZZY Protocol for de-escalation and neuro-inclusive support

Neuroscience & Well-being: Understand Polyvagal Theory, autonomic ladder & PULSE model (5 spheres)

What will you learn during this training?

Soft Skills & Teamwork: Master conflict resolution (SBI), responsibility building & empathetic coaching



Core Outcome: Shift from “giving orders” to empowering volunteers through a coaching mindset that prevents burnout and builds resilience.



COACHING CRISISAID TRAINING SCHEDULE

September 11 – 15, 2026

Friday, Sept 11

10:30–12:30 Opening Session

BSCK Auditorium • Understanding Found.

12:30–14:00 Lunch Break

14:00–17:30 Managing Crisis, Polyvagal Theory, Well-being in Practice (Part 1)

GromadaRm1 / BSCKAud • Understanding Found.

Saturday, Sept 12

09:30–12:30 Crisis & Well-being (Part 2)

GroupsI&II•GromadaRm1/BSCK Aud

12:30–14:00 Lunch Break

14:00–17:30 Crisis & Well-being (Part 3)

GromadaRm1 / BSCKAud • Understanding Found.

Sunday, Sept 13

09:30–12:30 Motivation & Coaching

Indoor&Outdoor•BSCKAuditorium • Aurive

12:30–14:00 Lunch Break

14:00–16:30 Motivation & Coaching

Indoor&Outdoor • BSCKAuditorium • Aurive

Monday, Sept 14

09:30–12:30 Inclusion or Soft Skills (Part 1)

2Groups•BSCKAud/GromadaRm1 • InterAktion & KulturLife

12:30–14:00 Lunch Break

14:00–15:30 Inclusion or Soft Skills (Part 2)

2Groups • BSCKAud / GromadaRm1 • InterAktion & KulturLife

16:00–18:30 Inclusion or Soft Skills (Part 3)

2Groups • BSCKAud / GromadaRm1 • InterAktion & KulturLife

Tuesday, Sept 15

10:30–12:30 Inclusion or Soft Skills (Part 4)

2Groups•BSCKAud/GromadaRm1 • InterAktion & KulturLife

12:30–15:00 Lunch Break & Transition Period

15:00–16:30 Summary & Certification

Certificates,ImplementationPlans • BSCK Aud • All Orgs

Certification

Your Digital Passport Progressive Open Badges (integrated into Europass & LinkedIn)

- Level 1: Knowledge (online materials + reflection)
- **Level 2: Blended Learning (full training participation) ← You will achieve this**
- Level 3: Expert (practical application with volunteers)

Core Outcome: Gain a coaching mindset + verifiable digital credentials!

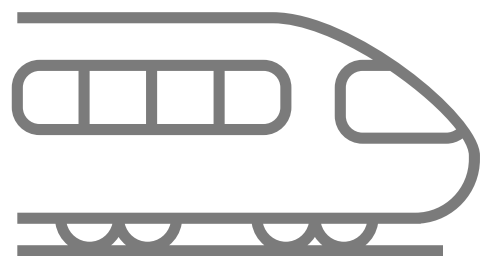
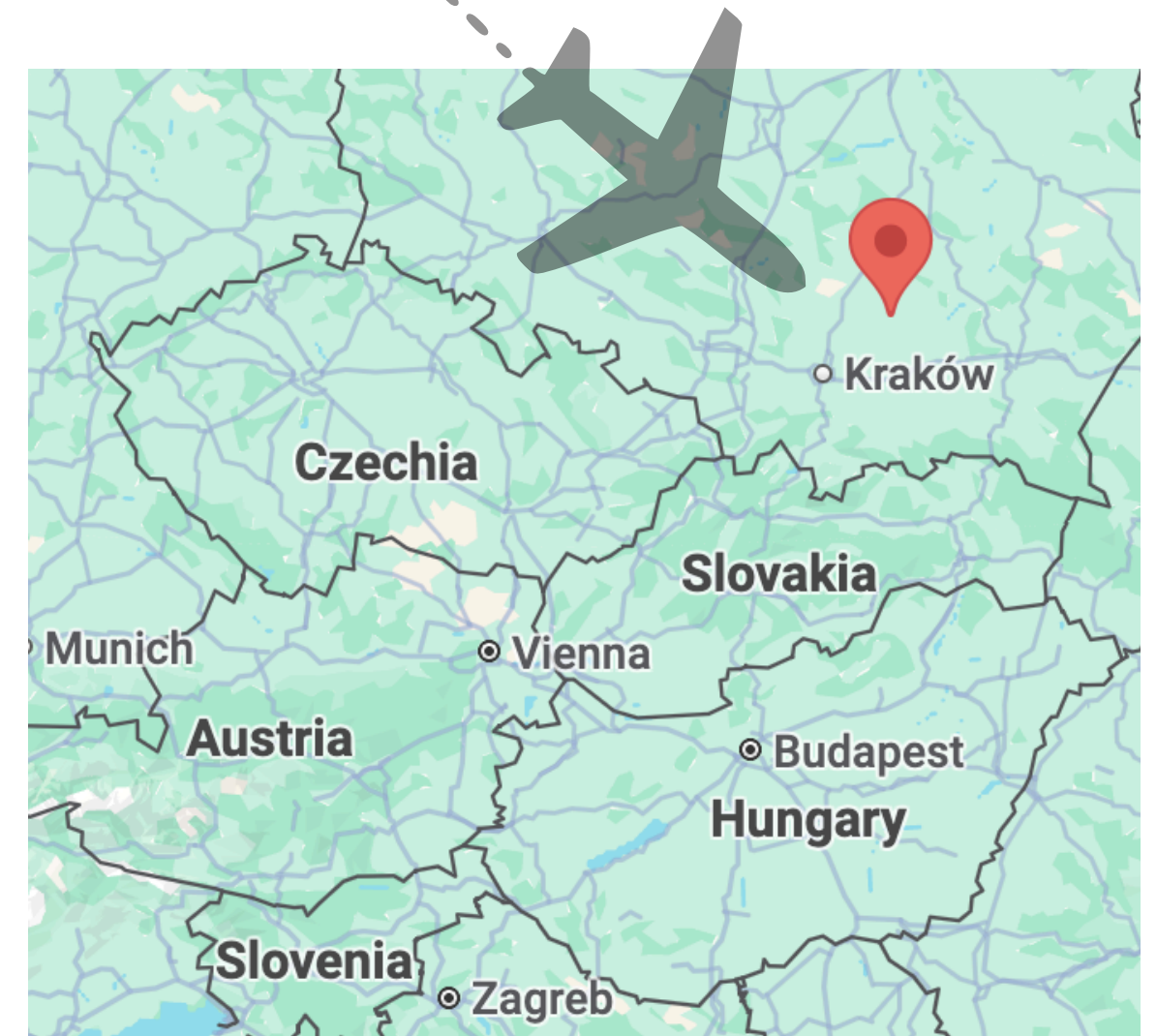
Getting to Busko Zdroj



Selected participants will be picked up **from Krakow on September 11th at 9 a.m.** by shuttle and taken to Busko-Zdrój. Please contact your sending organization to arrange your arrival and accommodation (**organized and covered by the sending organizations**) in Krakow, regardless of whether you arrive in the morning by night train or on the previous day and spend the night in Krakow.

Departures from Busko-Zdrój are on the 15th after the end of the programme, with transport organized to Krakow for those who prefer to leave on the same day.

If you are traveling by car, please make sure to discuss the travel arrangements with your sending organization.



Who can apply?

Participant Profile

- Age: 18+ years old.
- Eligible Countries: participants from Germany, Austria, Poland, Italy, and all neighboring EU countries. (Approximately 20–30% of participants will be recruited from other EU countries).
- Staff and members of NGOs, schools, social businesses, and private companies who are in a position to work with, manage, or coach volunteers.
 - Specific Roles: volunteer coordinators, project managers, and team leaders working with at least 3–5 volunteers.
- Basic communication skills in English.
- Objective: Ready to learn coaching methodologies and empowering approach from experts, following the COACHING project framework.



About Busko-Zdrój

Busko-Zdrój is a well-known spa town in southern Poland, famous for its mineral waters, wellness facilities, and peaceful atmosphere.

The town is surrounded by green parks and offers a calm environment perfect for learning, networking, and relaxation.

Visitors can enjoy local cafés, walking trails, and wellness attractions during their free time.

We have chosen the destination to fit the character of the training, allowing us to also relax and reflect on our work avoiding the city rush and urban stress that are part of our everyday lives.



Accommodation and Training Venue

Participants will stay at **Bristol Busko-Aparthotel** in comfortable rooms with private bathrooms. The hotel is located close to the spa park and offers a relaxing atmosphere ideal for rest after training sessions.

The training will take place nearby:

Ludwika Waryńskiego 10, Busko-Zdrój

Aleja Adama Mickiewicza 22, Busko-Zdrój

Hotel Information

Bristol ** Luksusowy Hotel, Medical SPA**

<https://bristolbusko.pl/en/>

ul. Kopernika 5

28-100 Busko-Zdrój, Poland

Bristol Aparthotel, Busko-Zdrój



Venue & What's Included

- Double or triple rooms with private bathrooms
- Free Wi-Fi access
- Free access to swimming pool
- Free access to spa facilities including saunas and a jacuzzi
- Modern and comfortable facilities

Full catering provided for all participants, including three meals a day and coffee breaks during the training sessions.

Travel costs and lodging in Krakow on the 10.9 and possibly also on 15.9 are covered by the sending organizations also up to a certain limit. **Contact your assigned sending organization for more info.**



Thank you! And see you in September?



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