

Empowering Education

Creating an approach of excellence using Coaching methodologies and NLP tools (Neuro-Linguistic Programming tools)

28th September – 4th October 2013

Cascais, Portugal

This training course aims to explore a new approach focusing on the use and adaptation of tools, techniques and methodologies of Coaching and Neuro-Linguistic Programming (NLP), as well as to enhance the importance of teambuilding and interpersonal dynamics.

Coaching is a fantastic way of connecting with people, helping them to become more independent, more flexible, and perhaps more reflective. It's about unlocking potential in order to maximize performance – it's about bringing out the best in people.

NLP is a field of practice and innovation with a wide range of tools and techniques that youth workers, learners and professional educators can apply within both formal and informal educational settings. It can be used to set strategies and approaches for self-motivation and the motivation of others, techniques for developing personal flexibility and awareness of others, techniques to improve the communication, among others.

Participants can apply these tools in several situations: self-management, presentation skills, use of language for effective communication, study skills, classroom management, teaching design, and so on.

Objectives of the training course:

- Be aware of the importance and learn methods and exercises to develop teambuilding, interpersonal competences and safe environment;
- Learn NLP and Coaching tools and techniques that participants can apply in their working context;
- Expand ways of working and communicating with people;
- Get to know better their own skills and working styles and explore other options;
- Exchange best practices among other professionals in a multicultural environment;
- Stimulate creativity;
- Develop tools, activities, strategies to improve the teaching/learning process.

During the training we will follow the principles and values of non-formal learning, where education process is structured and planned, established on voluntary base and assisted by trainer.

Participants will learn by doing, based on experimental and experiential learning, with practical, dynamic and interactive approaches, using energizers, ice-breakers, outdoor activities, team and group building activities, open space methodology, roll-plays, etc.

This methodology fosters learning based on experiences rather than the transmission of cognitive concepts. Receive information and perform exercises with that information is an important part of the learning process,

but the most profound and lasting transformations perform up based on tangible experiences, where participants engage personally and with intensity.

The best way to achieve ambitious goals in a short time is building life experiences combined with processes of introduction, evaluation and follow up in the training room.

Learning occurs mostly in areas over which we have no control (outside the comfort zone), which requires courage and commitment, attitudes that should be encouraged and supported by the trainers involved in the process.

This will also enable participants to acquire self-confidence when confronted with new experiences, attitudes and behaviors, and also to acquire and develop skills, competences and knowledge, contributing to their social and personal development.

Participation Fee

The participation fee for this training is 280€ (including training program, accommodation and meals).

The participation fee for people coming from The Netherlands, Belgium, Germany, United Kingdom, France, Norway, Sweden, Finland, Denmark and Iceland is 360€ (including training program, accommodation and meals).

If you're a student or you don't have a paid job you can benefit from a 10% discount.

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Cascais is a former fisherman's village, today one of the most touristic places in Portugal located in the most western part of continental Europe, about 30 km west from the Portuguese capital city, Lisbon.

