

In-To-Me-See Coaching Training

Coaching as an empowering approach to education and life

'Coaching is a way of effectively empower people to find their own answers and encourage and support them on their path to make live-giving and life-changing choices.'

The general objective of 'In-to-me-see' coaching training is to train and empower educators (youth workers, trainers, coaches, teachers,...) in using coaching skills and competences that are usable in a professional Erasmus+/Youth in Action context and in life in general in a non-formal and experiential way.



The essential information:

Dates: 15 June (arrival) till 21 June (departure) 2015

Venue: Oasecentrum, Dilbeek, Belgium

Application deadline: 11 May 2015

Selection results: 15 May 2015

Confirmation date (date when we expect you to confirm your participation): 20 May 2015

This training course is financed by the Erasmus +/Youth in Action programme. You pay a participation fee of 75 € and a % of your travel costs depending on the maximum travel budget per country: Iceland itself max 180€, Norway 275 €, all other countries max 360 €. The aim is to refund at least 70% of travel costs for everyone. You will get more practical info about the travel reimbursement in the infoletter after selection. Everything else (accommodation, food and training material) will be covered with the grant of Erasmus+/Youth in Action.

Why coaching?



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Coaching is a development process in which an individual is supported while achieving a specific professional or personal competence, result or goal (source Wikipedia: <http://en.wikipedia.org/wiki/Coaching>).

Coaching as a method for personal and professional development has become increasingly important and valued in different areas of society and many professionals either have a coach and/or coach as part of their professional role.

Also in European youth work the question about the opportunity and/or need of coaching in and outside a training context is raised. Therefore a growing number of youth workers and trainers are looking for a coaching education that is focused on the specific context of Erasmus+/youth in action and non-formal learning.

With the In-to-me-see coaching training, we, the trainers who are also trained coaches, together with the participants will offer a safe and courageous space where educators from within the E+/YiA field can learn the fundamentals of coaching.

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Objectives

During the training the trainers together with the participants will create a safe, courageous and supportive non-formal and experiential learning environment to:

- learn the fundamentals of coaching in terms of coaching skills and techniques
- experience what coaching is and where it can be used
- practise coaching and experience being coached
- reflect and deepen the learning
- exchange about the opportunities and challenges there are for each participant to actively use their coaching skills in their professional context
- spread the fire about coaching to support learning within E+/YiA

Methodology

The training methodology will be:

- Based on non-formal education principles,
- Encourage self-directed learning,

- Include reflection,
- Rely on peer-to-peer learning and sharing
- Incorporate experiential learning

Facilitators

Facilitators of learning are Frimann Sigurdsson (Iceland) and Ann Daniels (Belgium).

We are both educated in Co-active coaching and have experience in facilitating non-formal trainings in the Youth in Action field. Both of us work as life coaches and trainers.

Our purpose is making a difference – assisting others to achieve their dreams and reach their potential.

Profile of who you are as participant

- You are willing to explore coaching as part of your learning journey with topics that are real and important to you
- You are ready to take a leap into the unknown and you are willing to trust the process
- You are courageous and willing to fail for the sake of your own and others learning
- You are able to be active during the whole duration of the process (preparation before, the course itself and evaluation afterwards),

You are an educator (youth worker, trainer, coach, teacher,...) who is ready to explore coaching in a non-formal and experiential way

You have sufficient level of English as a working language (no need for specific jargon, just for basic English)

How to apply and where you can get further information?

You can apply online through this link:

Questions? You can contact Ann Daniels through ann_daniels@yahoo.com

Costs



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