



coaching  
**flow**  
training

**Training on practical Coaching Skills and Methods**  
**25-30 October 2015, Croatia**

**SYNCR**   
SYNERGY CROATIA

**The Coaching Flow Training**  
is a comprehensive practical training  
on coaching skills and methods.

The goal is to acquire coaching skills within the scope of  
individual, team, group and self-coaching.

Our approach to learning about coaching is based on experiential  
learning and learning by doing. You will practice the theory and content  
we deliver until you master it.

**The continuous practice**  
leads to adoption, integration and ability to naturally use them.  
Your outcome is mastery of the style of coaching characterized  
by effortless doing – or in other words - Coaching Flow.

As a result of the training you will develop confidence  
to use coaching in your everyday life and to create your  
own professional coaching style.



# About the training

The training is based on **experiential learning and learning by doing.**

This approach we encoded in the concept of

## **Coaching Flow:**

a mastery that stems from **continuous application of knowledge, techniques and skills.**

A mastery obtainable by practicing until **they become one's naturally available ability.**

## Who is this training for?

The Coaching Flow Training is **open for everyone, regardless of their background and experience with coaching.**

### **People without experience in coaching**

The training has a meaningful build-up from the very basics toward more advanced coaching skills and application.

### **People experienced in work with individuals, teams or groups**

Volunteers or professional coaches, mentors, teachers, educators, managers, supervisors, social workers, consultants, youth-workers...



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## Tools and techniques

In the Coaching Flow Training we deliver a **concise selection of tools and techniques.** Then, practice and apply them immediately.

We have a **“tool box” approach** for using them: try one out and based on the result you continue using it or try another one from the tool box.

Our coaching approach is **experimental, creative and bold.**

We find it as optimal to fulfill the coaching goal.

# Build up of the training

The training is **built up from the basics**.

We dedicate majority of the time to **practice**.

We begin by making common agreements and concepts about coaching.

Continuing is the **coaching context, methods, techniques and tools**.

Finally, you will **apply the newly acquired skills** in a genuine coaching relationship.

This build-up enables you to **discover, develop and improve your own coaching style**.



**First day:** We will get into the coaching philosophy of Coaching Flow. We will introduce our presumptions, approach and context we work in: what coaching is and how it is different from other supporting professions.

**Second day:** We will start with specifics of individual coaching: the basic elements and structure of the coaching relationship and coaching conversation, concepts of perception, sensory acuity and constant awareness. We will discuss them in the context of the Coaching Flow approach.

**Third day:** We will learn more tools and techniques, practice and develop a wider range of approaches that are available. We will practice attention-giving behavior, how to use techniques, such as summarizing & paraphrasing, reflecting on feelings and how to handle resistance.

**Fourth day:** We will implement and practice everything we learned up till now. The focus is on acquiring confidence, through your own practice so you can perform in different coaching circumstances by being able to apply all options that you have available.

**Fifth day:** During the last two days, you will get the opportunity to realize your own coaching session, by having a client. Through several enjoyable meetings, you will get the chance to start, perform and complete a coaching relationship, by using your own unique style and method.

**Sixth day:** The last day is devoted to additional practical tools that can be applied in coaching. It is also a chance to summarize the learning and transfer it to the every-day life. Lastly, we will reflect on the six days and close the training.



# Results of the training

The direct outcome for you is to **develop your coaching skills within the scope of individual, team, group and self-coaching.**

You can **apply what you have learned in different aspects of your life.**

As a result of the training you will develop confidence to use coaching in your everyday life and to **create your own professional coaching style.**

## Personal life

### With yourself

Using coaching to fulfill your own goals and realize your potential is called self-coaching. You can apply it for personal goals regardless of the area: learning a new language, starting to workout, find a job, travel the world...

### With people around you

Coaching skills support your relationships with people, empowers others and facilitates cooperation. You can use coaching skills regardless of its nature: your parents, friends, your children, strangers, partners, lovers, neighbors, your relatives ...

## Professional life

### Coaching skillset

You will apply coaching skills in your work to support people you work with in getting their results in different contexts and working styles. You can combine them with other methods, skills and ways of work.

### Coaching approach

This means coaching will be the general working style, approach, method you are working within while using the knowledge and skills of coaching to support people.



# Practical Information

## Venue

The training is taking place in the town of Rijeka at the Croatian coast.

## Language

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

## Trainers

The trainers will be **Maja Darija Škrljak** and **Juraj Boljat**, assisted by a small international team of co-workers.

## Selection

To apply, fill out the application form provided and send it to **coaching@synergy-croatia.com** latest until September 1st 2015.

All applicants will be notified of results by e-mail.

## Confirmation

If you are selected to the training, you will receive a Confirmation letter with more practical information. 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.



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## Participation Fee

Participation Fee	580€
Participants that have done a Synergy or Syncro Training – 15% discount	480€
Participants and students without a paid job – 35% discount	380€

You can get a discount in one category only, to be agreed before deposit payment.

Hosting, catering and training costs are included in the fee above.

**This project is not financially supported by Erasmus+ Youth in Action and participants take care of their costs and travel expenses.**

As part of the application process, we require that you pay a deposit of 100 € to our bank account to reserve your place. The rest can be paid 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:

Arrival day:	October 25th 2015 until 15:00 hrs
Start of the program:	October 25th 2015 at 16:00 hrs
End of the program:	October 30th 2015 at 20:00 hrs
Departure day:	October 31st 2015 until 10:00 am

\*\*\*In total, there are 6 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 at **group accommodation**. Detailed information about the venue and how to get there and what to bring with you, we will send you, after your application form has been approved. Please note, the food provided is **strictly vegetarian**. 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** available.

## Contact Information

**SYNCRO - SYNERGY CROATIA**

**Centar za osobni I profesionalni razvoj**

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10000 Zagreb, CROATIA

**Contact person:** Antonija Šimunković

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**Website:** www.synergy-croatia.com

## Bank Account Details

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10000 Zagreb, Croatia

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SWIFT Code: PBZGHR2X