




EDUCATIONAL INSTITUTE

Core of Coaching

Training Course
24 September - 03 October 2018
LIMASSOL CYPRUS

Introduction

The challenge is to be able to coach and/or mentor young people, especially when it comes to topics such as employability, employment or entrepreneurship.

The objective of the training course is to increase the quality of youth work, by focusing on coaching and mentoring of volunteers.



What can you get out of it?

- Apply Coaching and Mentoring input, methods, techniques and tools in your work.
- Apply the tools given in the work with young people.
- Identify which areas you need to improve or develop.
- Identify your core skills and strong points for coaching
- Develop Self-confidence
- Select which tools are suitable for your working reality.
- Set your learning goals and outcomes for coaching and mentoring.
- Improve your capacity for Self-reflection.

Also, expect:

- That throughout the whole training you will have plenty of situations to try coaching skills, from some exercises, to practice techniques, to full coaching sessions from both sides. As a Coach and as a Coachee, As a Mentor and as a Mentee.
- A part of the training will focus on how to communicate and express emotions, what the impact is and how to use it for coaching and mentoring.



CORE OF COACHING

Methods Used

EXPERIENTIAL LEARNING

learning by doing

COACHING

allow to develop the capacity to question yourself and find answers to individual needs

INFORMAL LEARNING

learn from each others' real working experiences

SYSTEMIC WORK

perceiving the relationships between individuals and their environments

SOMATIC WORK

communication, creating connection, cooperation and emotional management through non-verbal ways



Participants' Profile

The Training is targeted for people who have experience in working with people. Our previous practice showed that this training is most effective for those people who work with individuals or groups, as volunteers or as professionals (e.g. coaches, mentors, youth workers, teachers, educators, coordinators, etc.).

This training is for you if:

- You are a youth worker who has at least 6 months of working experience at the level of youth volunteering
- Your work involves young people facing unemployment
- You have a good level of English given the input and tools
- You have the willingness to improve your professional performance, by developing your own coaching and mentoring attitude and toolkit
- You are willing to explore and experience coaching through an 8-10 hour daily program
- You are over the age of 18

Program of the training

The program of the training is built in such a way that there is progressive step-by-step learning by doing and it is adapted to the learning needs of the group. This means that each piece of content is delivered, will be integrated into the new contents that follow it. Like Lego bricks, they will be put on top of each other in a consistent way. For every step, the learning will be done by putting the content into practice, so that it is practically exercised and not only theoretically discussed.

The program blocks are the following:

First steps

In the beginning you will have the opportunity to define your own concept of coaching and mentoring 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.

Personal Awareness

Personal awareness is about becoming more conscious on how we communicate on a daily basis through observation. For a coach it can have a great impact to have a clear perception of his/her communication when working with a volunteer. To achieve this, you will work throughout on 3 main levels: body language, voice/tonality and language.

Me, the other, and coaching

During this step you will be able to take a step further towards what coaching can be, by working with tools to understand how perception is built and with questions that can bring another understanding and perspective for your volunteers' questions.

Program of the training

Working with Volunteers

During working with volunteers we will examine the following questions:

How to create connection and maintain it throughout the work with a volunteer?

How to ask questions, in order to not put the best of yourself into the other, but to get the best out of the other?

How to lead the volunteer into getting another perspective on her/his coaching questions?

Coaching applied

Furthermore, 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 volunteer in different ways. The focus will be on coaching through the body, identifying what the core qualities in your voice are and how to perform attention-giving behaviour. Further, you will learn about techniques on the level of questions and conversation.

Creative Coaching

Additionally, you will be able to explore how to expand your creativity and imagination while coaching, so that you can bring another perspective in a refreshing and attracting way for your coachee. During this day you will have many opportunities to practice how to use your coaching sessions in another context, how to use visualization for releasing the emotional tension from specific memories, and how to give creative assignments.

Keep in mind that we approach the training and its program as a whole coaching and mentoring process. For this, the program is not set yet but it is going to be adapted and fine-tuned with the learning needs of the whole group.

Trainers



PANAGIOTIS MAMOUZAKIS

Panagiotis comes from Greece and he has 14 years experience as a trainer in the non-formal education context. He uses a big spectrum of approaches to deliver personal development, coaching, train the trainer & media trainings around the world.



VIKTORIA CSAKANY

Viktoria comes from Hungary and she has solid experience in coaching and personal development. For 9 years she has worked on training courses in the topic of communication, coaching, entrepreneurship, youth work. In the last 5 years, she has been specialized herself on personal development and group coaching with NLP and life coaching background.

They are going to be supported by a team of volunteers who have already participated in a similar training activity in the past.

Your involvement

By applying for this training course you accept and agree to fully participate in all phases of the training that includes:

- to establish your own Personal Learning Plan (PLP) as a preparation before the training
- to fully participate in activities during the training
- to take a part in the evaluation after the training
- to take a participation in follow-up meetings with your sending organisation after the training
- to contribute to the training with 50€ in cash upon arrival



Dates

24 SEPTEMBER 2018 - ALL DAY

Arrivals

25 SEPTEMBER 2018 - 12:00

Start of the training

2 OCTOBER 2018 - 18:00

End of the training

3 OCTOBER 2018 - BEFORE 11:00

Departures



Costs

- Accommodation, food, training materials are provided.
- Travel Reimbursement: if you are coming from Italy, Lithuania, Czech Rep., Germany is 360€, from Hungary, Greece, FYROM 275€ and from Spain 530€
- There is a participation fee of 50€ paid in cash upon arrival

Partners

If you want to receive more details about the project before applying, feel free to contact our partner organization from your country of residence or send directly the application form via the e-mail address you can find in the table below. Furthermore, you will get the confirmation letter with the practical details regarding the online preparation and the training itself. Do NOT book your tickets unless you receive a confirmation letter from us.

DOREA Educational Institute - Panagiotis Mamouzakis (trainers@erasmus-courses.org)

Brno Connected - Katka Martínková (brnoconnected@gmail.com)

AEGEE Frankfurt am Main - Kristina Hensch (hensch.kristina@gmail.com)

Ticket2Europe - Ana del Valle Couto (Ana.delvalle@ticket2europe.eu)

Vagamondo - Fabiano Bruno (infoyouthprojects@gmail.com)

Egyesek - Anna Dupák (anna.dupak@gmail.com)

Baltic Self-Development Centre - Ana Buleviciene (info@balticsdc.org)

Solidarity Mission - Anna Cheimona (training@solidaritymission.org)

Stip State University - Sanja Stefanova (sanja.stefanova@ugd.edu.mk)



Accommodation

You will be hosted and catered at the MONIATIS hotel and the training will take place at the same hotel, thus allowing participants to benefit of teamwork and exchanging good practices, etc.

<http://www.hotelmoniatis.com/>





About the organizer



DOREA Educational Institute is a non-profit organization established in 2012 in Limassol, Cyprus offering training solutions for people in need as well as working professionals throughout Europe. DOREA is the largest training provider of ERASMUS+ courses in Cyprus, based in Limassol, and in the last 5 years alone DOREA has delivered more than 50 courses under LLP & Grundtvig IST (the predecessors of ERASMUS+) and about 100 courses around Europe (Cyprus, Greece, Spain, Italy, Portugal, Czech Republic, France, Bulgaria, Croatia, Hungary, Ireland, United Kingdom) under ERASMUS+ programme.

DOREA also organizes in-house training upon your demand, host youth to English language and cultural summer school in Cyprus and invite children to join Helen O'Grady Academy in Cyprus.

Moreover, DOREA is also an intermediary/hosting organization for learners & staff from Vocational Education & Training (VET) providers, such as technical colleges, universities of applied sciences, technical lyceums, etc. Our intermediary/hosting services for VET learners and staff are taking place in the sunny and cosmopolitan island of Cyprus – Limassol.

Are you ready to join us?

Apply

