

C.O.A.C.H. TRAINING COURSE 4-8 JUNE 2019 | BULGARIA



Coaching is the process of helping another person to perform at the peak of his or her abilities. Coaching emphasizes generative change, concentrating on defining and achieving specific goals.

R. Dilts

YOU ARE ALREADY USING IT WITHOUT EVEN KNOWING!

Youth work and youth workers need a set of modern, contemporary and generative competences that will allow them to go through the challenges of their work on local level with flexibility, courage and motivation. Coaching can benefit significantly everyone who is implementing it in their work. It can be designed and adapted regarding specifics of cultural diversity, as well as target groups.



Let's get deeper understanding and learn about it, by practicing and applying it to case studies from your real-life experience. That is the way to create a conscious competence and develop it until you master it and become an owner of your own and unique coaching style and method!

As a **skill**, coaching is the art of asking questions, tailoring assignments and being present.

As **knowledge**, coaching involves variety of disciplines like: philosophy, psychology, neuroscience, group dynamics, sociology, sports etc.

As an **attitude**, coaching is ultimate unconditional and realistic faith, care, love and curiosity towards the one (ones) being coached.

As a **mastery**, coaching is the practice of support, empowerment and accountability performed excellently and beautifully.

WHAT IS THE BENEFIT?



COACHing improves:

communication,
cooperation,
empowerment competences
leadership,

creativity,
agility,
integrity,
expression and confidence.

According to Robert Dilts, coaching has its place in the Levels of Support for Learning and Change (Guiding and Caretaking, Coaching, Teaching, Mentoring, Sponsoring, Awakening). It is summarized as follows:

Personal coaching methods derive from a sports training model, promoting conscious awareness of resources and abilities, and the development of conscious competence. They involve drawing out another person's strengths through careful observation and feedback, and facilitating him or her to function as a part of a team. An effective coach observes a person's behavior and gives him or her tips and guidance about how to improve in specific contexts and situations.

Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen.

Pete Carroll

WHAT WILL WE DO?

- Lectures and input
- Group discussion and sharing
- Goal setting
- Outdoor activities
- Inquiry and questions
- Self-coaching assignments
- 1-on-1 coaching sessions
- Group coaching
- Reflection on learning and advancement
- Giving and receiving feedback
- Demo and practice
- Case studies
- Simulations and role play
- Live practice and implementation
- Planning
- Follow-up

HOW WILL WE DO IT?

This 5-day training is designed to serve as a thorough **experience**, namely **immersive** and involving 5-day coaching session.

HEURISTIC COACHING METHOD

Unique combination specially selected and attuned for contemporary challenges in training and people development for people who work with people.

- Neuroscience and NLP (Bandler, Grinder, Dilts, Dispenza)
- Body movement (Feldenkrais, Palmer, Strozzi-Heckler)
- Experiential learning (Kolb, Kegan)
- Systemic approach (Maturana, Varela, Hellinger, Whittington)
- Ontological coaching (Brothers, Flaherty)
- Radical honesty (Blanton)
- Questioning, distinctions and active listening (Erhard)
- Demo and practice
- Music
- Assignments and Challenges
- Trainership and group dynamics



TRAINERS



Anna Sipos



Tihomir Georgiev

PRACTICALS

Arrival: 3 June 2019, before 15:00 EET
Dates: 4-8 June 2019 (program days)
Departure: 9 June 2019, 10:00 EET
Venue: to be announced upon confirmation by the NA



Arriving late, or leaving early from the program is **NOT** allowed.
Further logistical information will be provided by the Bulgarian NA who is the organizer of this training course.
When confirmed, keep in mind to arrange your travels accordingly with the given dates and times above.



WHY TO APPLY?*

*This training will only work for you when you come with an open mind and readiness to bring your own real challenges (personal and professional) and get coached. Respectively, you will coach others who are bringing the same.

***ONLY APPLY FOR PARTICIPATION IF YOU ARE READY TO STEP BEYOND YOUR COMFORM ZONE AND WANT TO COACH AND BE COACHED. MAKE SURE YOU ARE COACH-ABLE.**

Language

Simple to understand English.

Accommodation and food

Organised and covered by the Bulgarian National Agency for Erasmus+ (www.hrdc.bg)

Cost and fees

This project is financed by the participating NAs of the Erasmus+ Youth in Action Programme. The participation fee varies from country to country. Please contact your NA to learn more about the participation fee for participants from your country.

Reimbursement

Your sending National Agency will support your travel costs. After being selected, please contact your NA to learn more about how to arrange the booking of your travel tickets and the reimbursement of your travel expenses.

What to bring?

Upon confirmation you will receive a full list of items that we recommend to have with you during this training course.

PROGRAM

***Detailed final program will be provided upon confirmation and based on the analysis of the learners needs.**

Day 0 Arrival and setting the ground + Assignment

Day 3 Open space + Practice 1-on-1

Day 1 Basic Coaching techniques + Learning goals

Day 4 Live practice and implementation, evaluation and feedback on case studies

Day 2 Outdoor activities + Team Coaching

Day 5 Mastering own method, evaluation and closing

Day 6 Departure