

# C.O.A.C.H. Training Course

24 -30 Oct 2021 |

**Preparation:** no previous experience is needed. Simple prep task will be sent few days before the course.

The course is suitable for novice people. In case you have relevant coaching experience from before, you will have the chance to experience a different approach and to practice your own tools and methods. The course will be like a whole 5-day coaching session, it is highly practical and we avoid hypothetical discussions. We work with people who want to learn, and we train competences that will last.

		Day 1	Day 2	Day 3	Day 4	Day 5		
<b>ARRIVAL</b>	<b>Morning</b>	Intro Practicals Who is here? Principle and basic agreements	<b>Morning</b>  Learning goals	<b>Morning</b>  Preparation for practice	<b>Morning</b>  Outdoor assignment	<b>Morning</b>  Roundup Q&A	<b>DEPARTURE</b>	
	<b>Break</b>	Break	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
		What is coaching? What is not? Coaching vs Mentoring Demo and basic techniques	Observations	Practice 1	Personal method (PM)	Evaluation Feedback		
	<b>Lunch</b>	Lunch	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
		Outdoor assignment	Individual vs Team coaching	Practice 2	Practice 3 Polishing PM Integration	Closing		
	<b>Break</b>	Break	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
		Q&A Reflection and closing	Q&A Reflection and closing	Q&A Reflection and closing Evening assignment	Q&A Reflection and closing	Q&A Reflection and closing		