

EGYESEK COACHING TRAINING



INTRO

Global Coaching is an educational program consisting of 2 separate training courses.
TC1 is focused on basic coaching and mentoring tools,
TC2 works with more advanced technics.

TC 1 - COACHING AND MENTORING

22-31 May 2019

TC 2 - ADVANCED COACHING

11-20 November 2019

This information letter contains information only about TC1.
By applying, you only sign up for the first training course.

Egyesek Coaching Training TC1 is a unique training course providing basic coaching tools and a framework for mentoring young people through volunteering.

The program is for youth workers, mentors and people working with groups.

Our basic approach is that as a professional working with other human beings, we shall constantly reflect on ourselves and on our working methodologies. Therefore this training provides basic self-reflecting tools and especially tools to develop an attitude where coaching is used as an approach in work with young people.

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
- Select which coaching tools fit your style
- Set your learning goals and outcomes for coaching and mentoring
- Improve your capacity for self-reflection



ALSO, EXPECT

- Throughout the whole training, you will have the possibility to work and experiment with different coaching tools as a coach and coachee as well.
- 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.

METHODS USED

EXPERIENTIAL LEARNING

- learning by doing

INFORMAL LEARNING

- learn from each others' real working experiences

COACHING

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

EMBODIED COACHING

- highly dynamic and self-reflecting method (come from Theatre, Dance, Body Awareness methods, NLP, Osho meditation) triggering personal questions through the body, by focusing movement, expression and interpersonal relationships

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 in different contexts, as volunteers or as professionals (e.g. mentors, youth workers, teachers, educators, coordinators, etc.)



THIS TRAINING IS FOR YOU, IF

- You are a youth worker who has been working directly with young people for minimum of 6 months
- Your target group involves young people with fewer opportunities
- You have the willingness to improve your professional performance, by developing your own coaching and mentoring attitude and toolkit
- You are over the age of 18

PROGRAMME 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

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.

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? How to lead the volunteer into getting another perspective on their questions?

COACHING APPLIED

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

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.

TRAINERS



Viktória Csákány

Viktória 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.



Afonso Bértolo

Afonso is a freelance educator, with a Master Degree in Clinical Psychology. He is actively involved in non-formal education, youth work and community building in Europe and West Africa. His main areas of work are personal development, coaching with a strong focus on body awareness, inclusion of fewer opportunities and communication.

The trainer is going to be supported by a team of volunteers, who have already participated in a similar training activity in the past.

PRACTICALS

The program will be in Creative Space training center and group accommodation in Hollókő.

Hollókő is a small village located in North-Hungary, by 100km from Budapest. It is part of the UNESCO World Heritage.

In Creative Space you will be accommodated in 4-5-6 bedded rooms which all have its own showers and toilets. In the building of the group accommodation, you can find the training room, dining area, common social areas. A big garden around the accommodation is also available.

More detailed information on the venue and on how to reach the place will be included in the confirmation letter that will be sent to participants after their acceptance.



VENUE



DATES

- 22 May - Arrival
- 23 May - Start of the program
- 30 May - Closing of the program
- 31 May - Departure

COSTS

- Accommodation, food, training materials are provided.
- There is a contribution of 60 € to be paid in cash upon arrival.
- Travel reimbursement is provided up to the limit.

Country	Travel reimbursement limit	Nr of participants
Hungary	20 EUR	6
Bulgaria	275 EUR	4
Estonia	275 EUR	3
Macedonia	275 EUR	3
Greece	275 EUR	3
Italy	275 EUR	3
Romania	275 EUR	3
Spain	360 EUR	3

We ask you to NOT book your ticket until you get the confirmation on your application!

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. 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.

Hungary

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ARE YOU READY TO JOIN US?

APPLY HERE

Application deadline: 20 April 2019

In case of questions, contact us:

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