



Coaching: a powerful tool

“Coaching as a Sustainable Source in educational contexts to reduce early school leaving”



Course Summary

We are living in a new age. The fast changing of technology has led to a free flow of information, creating a huge challenge for educators to understand the needs, interests and capabilities of the youth of nowadays.

Reducing early school leaving is one of the priorities of the Europe 2020 Strategic framework for Education and Training, as well as Erasmus +.

This course will introduce participants to the Grow coaching techniques along with emotional freedom techniques. Aggressive behavior and bullying inside and outside the classroom will also be looked. Participants will learn how to manage and reduce stress levels, thereby improving not only their overall health but also their day to day interaction with students and colleagues (by applying communication techniques in order to reduce early school dropouts).

Well-trained teachers can better meet students' learning expectations.

Course Objectives

The main goal of the course is to create trust, motivate and empower teams. We need to empower the positive values in the system even if the conditions are not ideal, even if we have to deal with cultural diversity and different understanding of values.

It's about managing techniques and how to use them for you and your organization's benefit.

By the end of the course participants will have a substantial understanding of coaching framework and coaching models. They will develop core coaching skills, including observation process, feedback, questioning, listening, raising awareness, establishing and maintaining an authentic relationship.

Learning outcomes:

- Solve and reduce stress levels and develop the necessary abilities to manage emotions
- Overcome anxiety within the classroom
- Create strategies on how to deal with and eliminate violent or aggressive behaviour.
- Understand the causes of physical and mental health issues within the teaching profession.
- Improve interpersonal relationships within the education environment.
- Identify limiting and negative beliefs and transform them into positive and supporting ones
- Analyse bullying, aggressive behaviour and violence, physical and verbal.
- Introducing new tools and resources to apply in the classroom to create well-being - Reduce early school leaving
- To identify and share good practices that can be implemented at local level
- To improve participants' competence and performance in English



PROGRAMME

Contents	
Day 1 Sunday	<i>Meet at hotel reception at 18:00</i> <ul style="list-style-type: none">✓ Welcome session and course overview and Hand-out of material✓ Presentation of the participants and team;✓ Team building;✓ Dinner and socialization.
Day 2 Monday	<i>Meet at 8:00</i> <ul style="list-style-type: none">✓ Introduction and coaching concepts✓ Coaching in education✓ Coaching vs Mentoring✓ Coach profile in education✓ Coaching session simulation✓ Practical group work and exercises
Day 3 Tuesday	<i>Meet at 08:00</i> <ul style="list-style-type: none">✓ Me and others✓ Education, schools and Z generation✓ Empathy✓ Relationship Awareness theory✓ Practical group work and exercises
Day 4 Wednesday	<i>Meet at 8:00</i> <ul style="list-style-type: none">✓ Introduction to GROW coaching model✓ GROW coaching model in triads, reflection, feedback✓ Coaching skills: communication; active listening, rapport, trust✓ The art of asking the right questions✓ Practical group work and exercises
Day 5 Thursday	<i>Meet at 8:00</i> <ul style="list-style-type: none">✓ Positive thinking✓ Motivation, negotiation, leadership, creativity and trust✓ Planning a Coaching session: From theory to practice✓ Practical group work and exercises
Day 6 Friday	<i>Meet at 8:00</i> <ul style="list-style-type: none">✓ Coaching in Education in European Union: students, teachers, and school leaders✓ Final coaching session simulation✓ Course roundup and review✓ Validation of learning outcomes✓ Certification



Location

In Porto – Portugal

Course Duration and Costs

All costs of our courses can be supported with a grant under KA1 of the Erasmus+ programme.

Learning Together charges for a **6 days course 570 euros per participant (A+B)**

A - Course fee and Duration: for our 6 days course, the price fee is 420 euro for tuition and materials (6 day course x 70,00 Euros per day). This is covered with the course fee that you get with your KA1 grant: 70 euro per day.

B - Organizational Support: Payment of 150 EUR per participant (total amount).

Each educational organization also receives 350 Euros per participant for organizational support. Learning Together will only charge you 150 Euros for administration and organization costs (Local organization, pedagogic support activities, learning validation, certification and Europass Mobility validation). This fee also includes the social program below.

Social Program

- ✓ Cultural Heritage day: Guide visit to the city of Porto.
- ✓ Visit to "Ribeira" and Boat Trip
- ✓ Visit to Port Wine Cellars.

To be paid by yourself from the KA1 grant

- Your grant covers travel costs. The amount is calculated based on the distance that you need to travel from your home place to the course.
- Your accommodation and meals will be assured through Individual support. The amount that you receive to cover the costs of your stay depends on the country that you choose. The range for Portugal is between 60-120 Euros per day and participant. This amount covers your stay at hotel and your meals. Learning Together don't book your stay at the hotel but we can give you tips and advice for your booking. Plenty of restaurants are available on the city for your daily meals. This option allows you to explore freely our city, hotels, restaurants and course travels.

Course Dates

- 12 Jan 2020 to 17 Jan 2020
- 26 Apr 2020 to 01 Mai 2020
- 26 Jul 2020 to 31 Jul 2020
- 11 Oct 2020 to 16 Oct 2020
- 29 Nov 2020 to 04 Dec 2020
- 24 Jan 2021 to 29 Jan 2021
- 25 Apr 2021 to 30 Apr 2021
- 25 Jul 2021 to 30 Jul 2021
- 10 Oct 2021 to 15 Oct 2021
- 28 Nov 2021 to 03 Dec 2021

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