



# COACHING

## A POWERFUL TOOL



learning**together**

*Constantly learning,  
constantly evolving.*



**OID: E10201112**

Course's official page [here](#).

Advanced Institute for Skills Development



# COURSE DESCRIPTION

We are living in a new age. Fast-changing 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 today.



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 analyzed.



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:** 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 differences in 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.



# COURSE INFORMATION

## Learning Outcomes

- Reduce stress levels, overcome anxiety & develop the necessary abilities to manage emotions within the classroom;
- Analyse bullying, aggressive behaviour, physical and verbal, creating strategies on how to deal with and eliminate them;
- Identify limiting & negative beliefs and transform them into positive and supporting ones;
- Understand physical & mental health issues within the teaching profession;
- Improve interpersonal relationships;
- Introduce new tools & resources within the classroom to foster well-being - Reduce early school leaving
- Identify & share good practices that can be implemented at a local level;
- Improve participants' competence & performance in English.

**Duration:** 1 week (6 days - Sunday to Friday - 9h00 to 13h00)

**Location:** Porto, Portugal      **Language:** English

**Certification:** Certificate of Attendance + description of the *learning outcomes* above; Europass validation

**Price:** 630€ (course fee + administration costs + social program)

(Our courses are eligible to be completely funded by the new Erasmus+ program 2021-2027 - KA1 funds and several other programs)

See more information (e.g. dates, included activities) [here](#).

# DAILY PROGRAM



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## DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

## DAY 2

- Introduction & Coaching concepts
- Coaching in Education
- Coaching vs Mentoring
- Coaching session simulation
- Practical group work & exercises

## DAY 3

- Myself and others
- Education, schools and generation Z
- Empathy
- Relationship Awareness Theory
- Practical group work & exercises

## DAY 4

- Introduction to GROW Coaching Model + triads, reflection, feedback
- Coaching skills: communication, active listening, rapport, trust
- The art of asking the right questions

## DAY 5

- Positive thinking
- Motivation, negotiation, leadership, creativity and trust
- Planning a Coaching session: from theory to practice
- Practical group work & exercises

## DAY 6

- EU – Coaching in Education – students, teachers and school leaders
- Final coaching session simulation
- Course roundup & review
- Learning outcomes' validation
- Certification Ceremony

\*Our courses also include a daily coffee break.



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# TRUSTED BY EDUCATORS ALL AROUND EUROPE

Learning Together believes that well-trained teachers are more motivated & better able to successfully perform and achieve organizational goals! We believe that all organizations' core are its **people**, therefore we organise development courses for education professionals who want to enhance & acquire new competencies related to their work practice. That way, participants can better teach the people of tomorrow, **while absorbing new cultures and meeting people all around Europe!**

# LET'S LEARN TOGETHER!

**Sign up for a course and  
start your journey with us!**

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