

**Olde Vechte Foundation and Egyesek Youth Association**



# Practicing Coaching Training

4<sup>th</sup> - 12<sup>th</sup> October 2014

Hollókő, Hungary

The training is supported by the Council of Europe, European Youth Foundation, ref.nr.: 4137.2.IA.2014.PC30

# About Practicing Coaching Training

Practicing Coaching is a 7-day training course for people wanting to have a first contact with coaching, which is offering basic skills and techniques that will guide you towards starting to develop **your own coaching style**.

The purpose of the training is to provide an opportunity for you to learn how to work out of your own qualities and how to improve and implement your already existing knowledge. You will be able to identify your own style of coaching, develop it and promote it. The training deals with one main question: **“How to take the step from being able to and knowing, to wanting, daring and doing?”** More precisely, the training is done in such a way that there is step-by-step learning and enough practice for you to assimilate both input and techniques, so that you feel comfortable to use them without the fear of making mistakes. The desired outcome is, in short, that you become able to use the techniques as if they are your own tools and from that point on using them in an intuitive and creative manner.



## Who can do this training?

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 or groups, as volunteers or as professionals (e.g. coaches, mentors, youth workers, teachers, educators, coordinators, etc.).

### This training is for you if:

- ✓ you work with people
- ✓ you are over the age of 18
- ✓ you are a registered inhabitant of Latvia, France, Hungary, Romania, Croatia, Netherlands or other Council of Europe member state
- ✓ you are willing to explore and experience coaching through 8-10 hour daily program





# How the training works?

The training is a **complete coaching session** that lasts for seven days, where you have the opportunity to be coached on developing basic and essential coaching skills, while coaching others towards their own **desires** and **needs**. The training introduces a variety of approaches and methods of coaching, which were specifically selected for this training. The skills and knowledge offered in the training are put into motion through intense practice using real life examples, introduction and reflection videos and live demonstration, **self-coaching, coaching one to one, coaching small teams and groups**.

The training is performed mainly indoor with 8-10 working hours per day. The working hours will be in the afternoons, leaving the mornings free and available for reflection and/or coaching assignments.

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## Interaction with others

During the training the whole group is working as a support system for one another. All the skills and techniques given will be practiced in many different settings, such as couples, small teams of three or four people and bigger groups. In the field of coaching, constant interaction with others in different combinations of settings is essential and very helpful. Through this interaction, everyone gets the chance to coach and to be coached during the days of the training.

## Media

In this training we will also be working with media. By media we mean video and it will be used as a tool in two different ways. Firstly, to show and to share successful performances and knowledge of others from the field of coaching. Secondly, to use it as a feedback on what we are practicing during the training.

## Results of the training

From the basic skills and techniques that are given, you can develop your own coaching style. You learn how to work out of your own qualities and how to improve and implement your already existing knowledge. You will be able to identify your own style and develop it. The result of all this can be a long lasting confidence, while interacting with others, which will bring you to your desired outcomes with much less effort than before.



# The program of the training

The program of the training is built in such a way that there is progressive step-by-step learning by doing. This means that each piece of content that is delivered, will be integrated into the new contents that follow it. Like Lego bricks, they will be put over each other in a consistent way. For every step, the learning will be done by putting the content into practice, so it is performed and not only discussed.

Throughout this program we will be covering different areas of coaching: input from Neuro-Linguistic Programming (NLP), coaching techniques (question, conversation and visualization), communication and body awareness. More precisely, we are using specific input of NLP in order to give a theoretical frame around our approach and the techniques offered. This means that, while we take inspiration from NLP to create this training, **we are not conducting a NLP coaching training.**

At the end of the 2<sup>nd</sup> day of the training, coaching sessions will already start taking place, so that this learning is also mastered into an empirical context of coaching others.

Day by day, this is what the program will look like:

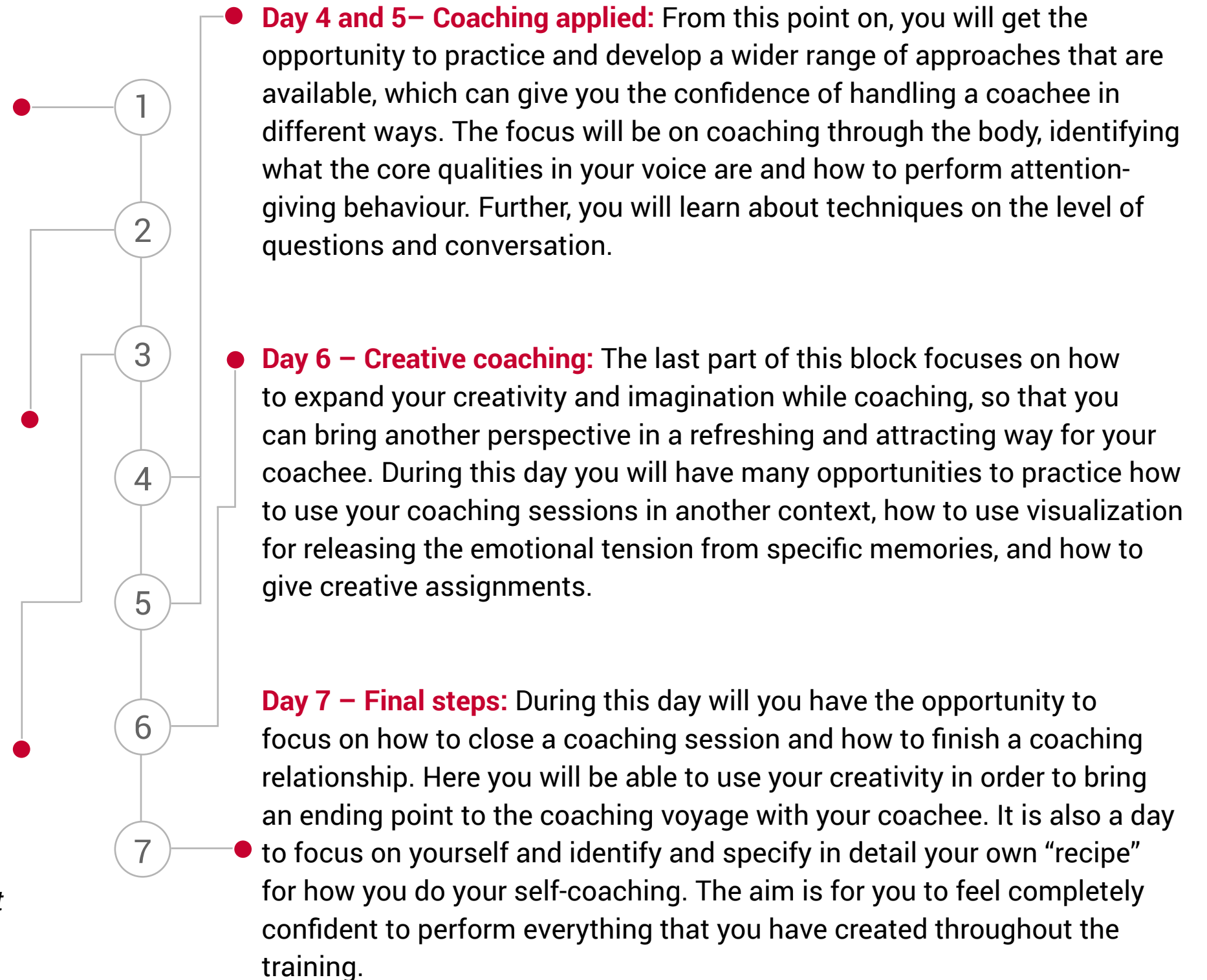


# The program of the training

**Day 1 – First steps:** During the first day you will have the opportunity to define your own concept of coaching 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. By the end of the day you will be able to clarify what your own vision on coaching is and which are the learning questions that will lead you towards it.

**Day 2 – Personal awareness:** This day is about personal awareness and on 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 client. To achieve this, you will work throughout the day on 3 main levels: body language, voice/tonality and language. It will be a playful day, involving quite a lot of physical activity in pairs, trios and the whole group.

**Day 3 – Me, the other, and coaching:** During this day 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 coachee's questions. The following questions will be in focus: *How to create connection and maintain it throughout the work with a coachee? How to ask questions, in order to not putting the best of yourself into the other, but to get the best out of the other? How to lead the coachee into getting another perspective on her/his coaching questions?*



**4**  
OCTOBER

Arrival day

**5**  
OCTOBER

Start of the training

**11**  
OCTOBER

End of the training

**12**  
OCTOBER

Departure day



There are in total 7 working days, excluding the travelling days. If you wish to arrive earlier or leave later, please let us know so we can support you in finding accommodation.

## Language

The training is given in simple easy-to-understand English

**There is no participation fee.**

Reimbursement details are arranged with the sending organisations.

## The trainers

The trainers will be Panagiotis Mamouzakis (Greece), Sonja Velic (Serbia) and Afonso Bértolo (Portugal), assisted by a small international team of co-trainers.



**Panagiotis  
Mamouzakis**  
(Greece)

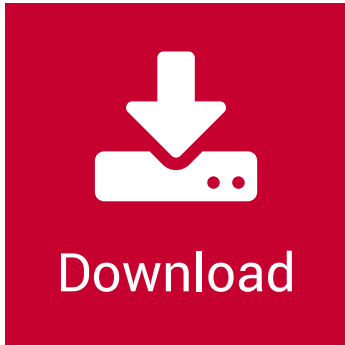


**Sonja Velic**  
(Serbia)



**Afonso Bértolo**  
(Portugal)

# Application form



Click the button or enter the link below to acces the applicaton form. Please note that only application forms that have been fully completed will be taken into consideration.  
<http://bit.ly/pcoaching>

## Selection

The partner organisation will do the selection and forward your application to Egyesek Youth Association. Please send your filled in application form to the partner organisation in your country.

## Confirmation

If you are selected to the training you will receive a confirmation letter with more details about your arrival and participation in the training. If you have received this letter, you can start arranging your travelling.

## Contact details of the partner organisations

Please contact the partner organisation of your country for deadlines and special procedures.

COUNTRY	ORGANISATION	CONTACT PERSON	EMAIL
France	Solidarites Jeunesses	Anne Poyol	exchanges@solidaritesjeunesses.org
Croatia	Syncro		fusion@synergy-croatia.com
Hungary	Egyesek Youth Association	Norbert Hochstein	norbi.hochstein@egyesek.hu
The Netherlands	Olde Vechte Foundation		info.oldevechte@gmail.com
Latvia	Izdievu Ideju	Lauma Zubule	lauma.zubule@gmail.com
Romania	Synergy Romania	George Adrian Oprea	georgeoprea@synergyforyou.ro
Other Council of Europe member states		Norbert Hochstein	norbi.hochstein@egyesek.hu





# Accommodation

The TC will be in Hollókő, the countryside of Hungary, 100km from Budapest. The village is situated in the north of Hungary and it is part of the UNESCO World Heritage. During the program you will see the surroundings: the Cserhát Hills and the villages of Palóc culture ([www.holloko.hu](http://www.holloko.hu)).

The accommodation and the program will be in the youth training center Creative Space ([www.kreativ-ter.hu](http://www.kreativ-ter.hu)). There are bedrooms for 4-6 with separate shower and toilet each. There is WiFi internet, with limited access. There is NO washing machine.

The house and the garden is rented as a whole for the time of the TC, in order to have it as a home for you and to have the full privacy of the group. Light housework will be done by the group as well – a daily cleaning, keeping the house tidy, and the cleaning of your own rooms.

Only bedsheets and pillows with cover are provided. Please bring your own towels.

1 blanket with cover and 1 towel can be rented for 10€/person



# About the organizers

**Olde Vechte Foundation** is a non-profit organization, based in Ommen, the Netherlands, with a long experience in non-formal education, personal development, coaching, social and cultural work. Throughout the years it has developed site-specific methodologies that have been adapted to different projects. Every year it approaches various social and cultural topics through projects run by professional trainers and international teams. The Foundation is open to anyone who is motivated to improve their personal and professional skills in order to create a better society and a higher quality of life. Striving to bring spirit and energy to each individual, the trainings and projects of Olde Vechte Foundation take learning as an organic process coming from the diversity of talents and motivations of the people involved. You can find further information at [www.synergytrainingsnl.com](http://www.synergytrainingsnl.com)

**Egyesek Youth Association** is one of the leading independent youth NGOs in Hungary, member of the informal network called International Synergy Group and several other worldwide networks. Egyesek has 16 years of experience in local-level, grassroot youth and community work, and in designing, guiding and organising non-formal learning projects, such as community service, exchanges, volunteering, internship programs, training courses and workshops. You can find further information at [www.egyesek.hu](http://www.egyesek.hu).

Both organisations work out of the vision to create a world that works for each and one of us out of love, care and cooperation.



Olde Vechte Foundation

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