

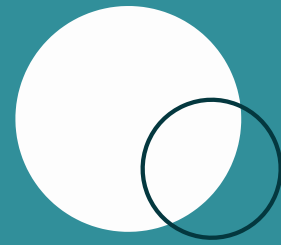


Erasmus+

# Egyesek Advanced Coaching Training

31/01/2020 - 09/02/2020, Hollókő, Hungary

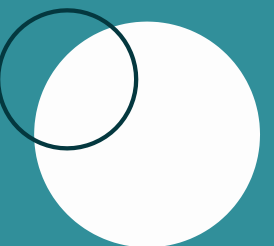




# **Egyesek Advanced Coaching is a unique training course providing coaching tools and a unique approach for working with groups.**

**The approach is based on the principle that people have their own resources and solutions for different issues and the role of youth workers/trainers/mentors is to support them to find those.**

**If you participated the first phase of Egyesek Coaching Training,  
this training will continue from where we left:  
how to apply the already known tools in your own context with newly added methods  
that greatly could be used with groups.**



# WHAT CAN YOU GET OUT OF IT?

- Deepen and enrich your knowledge of coaching methods, techniques and tools to use in your work
- Apply the tools given in the work with young people
- Apply coaching tools with groups
- Team coaching tools
- Select which coaching tools fit your style
- Improve your capacity to support changes with coaching



## **Also, expect:**

- That 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 in your work with young people and groups.

# Methods used

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

**COACHING**

perceiving the relationships  
between individuals and their  
environments,  
basic constellations

**SYSTEMIC WORK**

**EXPERIENTIAL  
LEARNING**

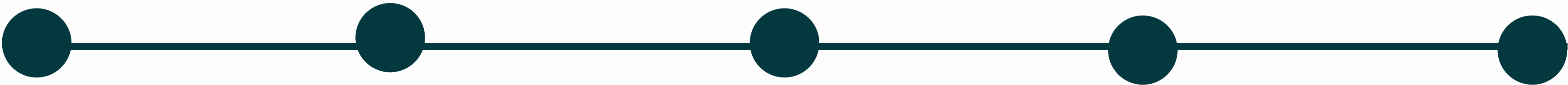
learning  
by doing

**INFORMAL  
LEARNING**

learn from each  
others' real working  
experiences

**SOMATIC WORK**

communication,  
creating connection,  
cooperation and  
emotional management  
through non-verba ways







# Participants profile

The program is for youth workers, mentors and people working with groups, who have a platform to implement the gained knowledge.

Our previous experience showed that this training is most effective for those people who work with individuals or groups, as volunteers or as professionals (e.g. mentors, youth workers, teachers, educators, coordinators, etc.).

## The training is for you, if:

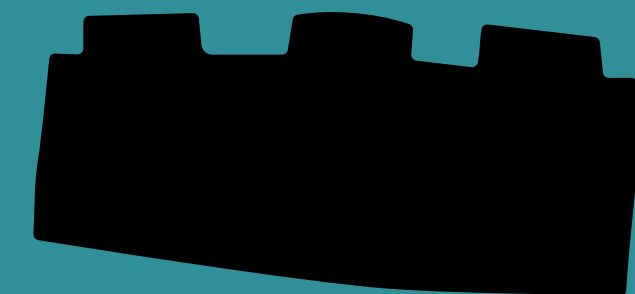
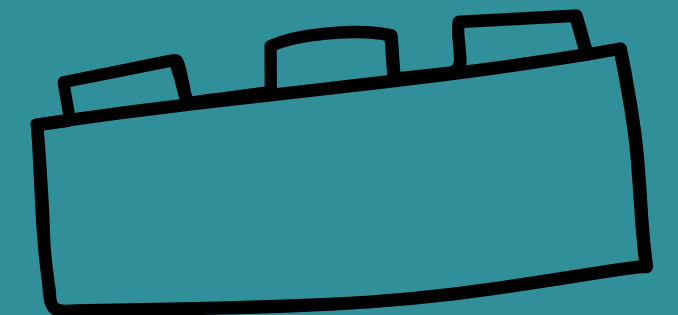
- You are a youth worker who has been working directly with young people for minimum 1 year. Especially if during your practice you also work with groups.
- You have the willingness to improve your professional performance, by developing your own coaching attitude and toolkit.
- You are over 18.
- You have a basic knowledge of coaching.

# 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 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.



## 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

Additionally, 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 coaching tools in another context, how to use visualization for releasing the emotional tension from specific memories, and how to give creative assignments.



## **GROUP COACHING**

On this training we particularly will focus on how to use coaching tools in facilitation of group processes and how to use group as a tool for individual learning processes. How to support change with team coaching tools.

## **EMBODIED COACHING**

This highly dynamic and self-reflecting method aims to trigger personal questions through the body, by focusing movement, expression and interpersonal relationships. The exercises used come from Theatre, Dance, Body Awareness methods, Systemic Work, Coaching, NLP, Osho meditation.

Keep in mind that we approach the training and its program as a whole coaching and mentoring process. For this, the program is going to be adapted and fine-tuned with the learning needs of the whole group.





## Viktória Csákány

Viktoria 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 worldwide freelance educator, with a Master Degree in Clinical Psychology. He has been actively involved in non-formal education, youth work and community building. His main areas of work are personal development, coaching with a strong focus on body awareness, inclusion of fewer opportunities, communication and project management.



# 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.



Arrival  
31/01

Departure  
09/02

DATES

01/02

08/02

Start of the program

Closing of the program

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.

Travel reimbursement limits

Country	Limit	Nr of participants
Hungary	20 EUR	6
Bulgaria	275 EUR	4
Estonia	275 EUR	3
North Macedonia	275 EUR	3
Greece	275 EUR	4
Italy	275 EUR	3
Romania	275 EUR	3
Spain	360 EUR	3



# 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	Egyesek	Anna Dupák	coaching@egyesek.hu
Bulgaria	Smokinya Foudation	Tihomir Georgiev	info@smokinya.com
Greece	Solidarity Mission	Anna Cheimona	training@solidaritymission.org
Estonia	ESTYES	Leis Reiman	estyes@estyes.ee
Macedonia	CID	Marija Kustevska	sending@cid.mk
Italy	L'Arca del Blues	Antonio Greco	antonio@arcadelblues.it
Romania	ZigZag Prin Romania	Cosmina Carmen	cosmina@zigzagprinromania.com
Spain	Ticket2Europe	Ana del Valle	ana.delvalle@ticket2europe.eu



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# ARE YOU READY TO JOIN US?

**APPLY HERE**



Application deadline: 5 January 2020

If you have any questions,  
feel free contact us:

Anna Dupák  
coaching@egyesekek.hu

