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Career Centers Know-How

Preliminary Training plan

Day 1 – Career Centres Basics

09:00 - 10:30	- Presentation of the trainer
05.00 10.50	- Presentation of the participants
	- Expectations
	- Presentation of the training program
	- Administrative aspects
10:30-10:45	Coffee Break
10:45-12:30	- Presentation of the universities of the participants
12:30-13:30	Lunch Break
13:30-15:00	- What is the role of the Career Centre?
	- Career Centre functions

^{*} Evening recommendation: Taste the local artisanal beers @ Bereta Taproom & Bottleshop // Listen to some vinyl @ Viniloteca

Day 2 – Coaching Skills for Career Professionals

09:00 – 10:30	- What is coaching and how do we use it?
	- Formal and Informal coaching
	- Coaching in the Academic community
10:30-10:45	International Coffee Break
10:45-12:15	- Coaching models
12:15-13:00	Lunch Break
13:00-15:00	- Coaching Tools
	- Coaching Practice

 $[\]mbox{*}$ Evening recommendation: Visiting the Village Museum before 6 pm // Visiting the Arts Museum before 6 pm



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Day 3 – Cultural Immersion

First 10.000 steps	Next 5.000 steps
10.00 – Meet & Greet your guide	16.30 – 17.00 visiting the Faber Cultural Center
10.00 – 12.15 Walking City Tour #1 (700	17.00 - 17.20 Boat trip
Market, Jewish Quarter, Liberty Square, St.	17.20 – 18.00 Walking City Tour #3 (Elisabetin
George Square, Union Square, Victory Square)	District)
12.50 - 13.50 Museum of The Revolution	18.20 – 18.50 Communist Consumer Museum
14.00 – 15.30 Traditional Romanian Lunch	18.50 - 19.00 - Tram ride to Liberty Square
15.30 – 16.30 Walking City Tour #2 (Fabric	
District)	19.00 - Dinner

Day 4 – Identifying strengths

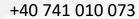
09:00 – 10:30	- Mentoring vs Counselling
	- Motivation
10:30-10:45	Coffee Break
10:45-12:15	- Defining professional success
	- Values and their role in defining whom we are
12:15-13:00	Lunch Break
13:00-15:00	- Mental barriers and how to break them

^{*} Evening recommendation: Hidrocycle on Bega // Fără filtru Rock Concert @ Manufactura, starting at 8 pm, free entrance

Day 5 – Communication

09:00 - 10:30	- Improving the SGBPI relationship (students, graduates, business
	environment and public institutions)
	- Assertive communication
10:30 - 11:00	Coffee Break
11:00 -12:00	- Communication barriers
12:00 - 13:00	Lunch Break
13:00 - 15:00	- Skills for effective communication (listening, understanding,
	reception, expression)
	- Feedback session & Graduation

^{*} Evening recommendation: Movie night @ Iulius Town // Opera Night





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Don't miss:

- the Museum of the Comunist Consumer
- the Arts Museum
- the Village Museum
- a Spa day
- Kayaking on Bega river
- Visiting Recas Winery
- Gelato di Bruno ice cream
- Iulius Town
- Opera night

The training plan is subject to change based on the needs and expectations of the participants.

The social activities recommended for each day are optional and will be updated one week before the start of the training.