



European Academy  
of Innovation

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## Career Centers Know-How

### Preliminary Training plan

#### Day 1 – Career Centres Basics

09:00 – 10:30	<ul style="list-style-type: none"><li>- Presentation of the trainer</li><li>- Presentation of the participants</li><li>- Expectations</li><li>- Presentation of the training program</li><li>- Administrative aspects</li></ul>
10:30-10:45	Coffee Break
10:45-12:30	<ul style="list-style-type: none"><li>- Presentation of the universities of the participants</li></ul>
12:30-13:30	Lunch Break
13:30-15:00	<ul style="list-style-type: none"><li>- What is the role of the Career Centre?</li><li>- Career Centre functions</li></ul>

\* 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	<ul style="list-style-type: none"><li>- What is coaching and how do we use it?</li><li>- Formal and Informal coaching</li><li>- Coaching in the Academic community</li></ul>
10:30-10:45	International Coffee Break
10:45-12:15	<ul style="list-style-type: none"><li>- Coaching models</li></ul>
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"><li>- Coaching Tools</li><li>- Coaching Practice</li></ul>

\* 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*

10.00 – Meet & Greet your guide  
10.00 – 12.15 Walking City Tour #1 (700 Market, Jewish Quarter, Liberty Square, St. George Square, Union Square, Victory Square)  
12.50 – 13.50 **Museum of The Revolution**  
14.00 – 15.30 *Traditional Romanian Lunch*  
15.30 – 16.30 Walking City Tour #2 (Fabric District)

#### *Next 5.000 steps*

16.30 – 17.00 visiting the Faber Cultural Center  
17.00 – 17.20 **Boat trip**  
17.20 – 18.00 Walking City Tour #3 (Elisabetin District)  
18.20 – 18.50 **Communist Consumer Museum**  
18.50 – 19.00 – Tram ride to Liberty Square  
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 Communist 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.**