



European Academy
of Innovation

+40 721 305 948

hello@erasmus-training.eu

www.erasmus-training.eu

Coaching skills

The preliminary training plan

Day 1 – Coaching basics

09:00 – 10:30	<ul style="list-style-type: none">- Presentation of the trainer- Presentation of the participants- Expectations- Presentation of the training program- Administrative aspects
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none">- Presentation of the universities of the participants
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- What is coaching and how do we use it?- Formal and Informal coaching- Coaching in the Academic community

* Afternoon Walking City Tour.

* Visit to the Communist Consumer Museum (Laszlo Szekely Street, No. 1), program: 10 AM - 11 PM.

Day 2 – Key coaching skills

09:00 – 10:30	<ul style="list-style-type: none">- Introduction to ICF - The Gold Standard in Coaching- Understanding coaching competencies
10:30-10:45	International Buffet
10:45-12:00	<ul style="list-style-type: none">- Setting the Foundation- Co-creating the Relationship
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- Communicating Effectively- Facilitating Learning & Results

* „The Mahones - 30 years of Irish Punk” @ Capcana (Nicolae Titulescu Street, No. 5), 8 PM – 12 AM, tickets available online // Concert „Style Duo” @ Berăria 700 (700 Square), 8 PM – 11 PM, free entry.



European Academy
of Innovation

+40 721 305 948

hello@erasmus-training.eu

www.erasmus-training.eu

Day 3 – Focus

09:00 – 10:30	- Types of coaching - Coaching tools and techniques
10:30-10:45	Break
10:45-12:00	- Communication barriers and how to break them - The magic of the descriptive feedback
12:00-13:00	Lunch Break
13:00-15:00	- Coaching Cafe - Current challenges of coaching in own universities

* Traditional Romanian Dinner @ Miorita Restaurant (Union Square), 7 PM // „Nepal” (performance art) by Urs Widmer @ The German State Theater (Mărășești Street, No. 2), 7.30 PM – 9 PM, tickets available at The German State Theater tickets office // Jazz Concert „Aleksandra Kutrzepa Quartet” @ Taverna Timisoara (Badea Cartan Street, No. 10), 8.30 PM – 10 PM, entrance: 69 lei/person.

Day 4 – Beyond coaching

09:00 – 10:30	- Coaching is not training, mentoring or counselling - Co-creativity
10:30-10:45	Break
10:45-12:00	- Motivation & maximizing your potential
12:00-13:00	Lunch Break
13:00-15:00	- Personal SWOT Analysis

* Traditional Romanian Dance Class @ Just Dance Timisoara (J. H. Pestalozzi Street, No. 20/A, Floor. 1), 8 PM – 9 PM, 15 lei/class.

Day 5 – Conflict Dynamics

09:00 – 10:30	- Conflict management theory - Negotiation and conflict management techniques
10:30-10:45	Break
10:45-12:00	- The culture of collaboration between university administration and the educational body - The impact of the institution size upon the coaching process – How to adapt?
12:00-13:00	Lunch Break
13:00-15:00	- Feedback session & Graduation

* Concert „Alternosfera” @ Escape Underground Hub, 9 PM, tickets available online.



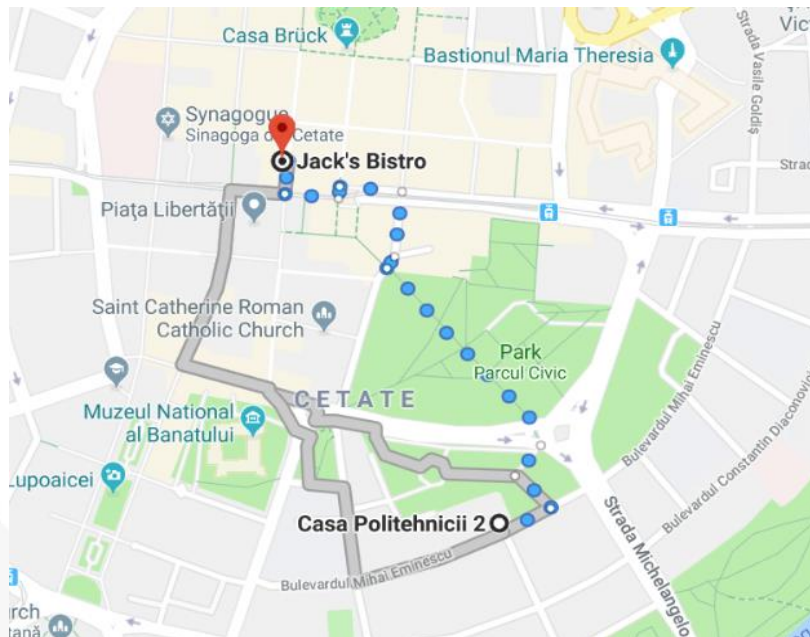
European Academy
of Innovation

+40 721 305 948

hello@erasmus-training.eu

www.erasmus-training.eu

Dinners except from the one on **Wednesday** night will be @ **Jack's Bistro** at 7 p.m.



Don't miss:

- the Museum of the Communist Consumer
- the Art Museum
- the Village Museum
- a Spa day
- Kayaking on Bega river
- Visiting Recas Winery
- Gelato di Bruno ice cream
- Iulius Town

- 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.