



European Academy of Innovation
Timisoara, Romania
+40 721 305 948
hello@erasmus-training.eu
www.erasmus-training.eu

Coaching Skills

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	Coffee Break
10:45-12:15	- Presentation of the universities of the participants
12:15-13:00	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

* Movie night @ Iulius Town

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 Coffee Break
10:45-12:15	<ul style="list-style-type: none"> - Setting the foundation - Co-creating the relationship
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> - Communicating Effectively - Facilitating Learning & Results

* Lose yourself in Fabric District



European Academy
of Innovation

European Academy of Innovation
Timisoara, Romania
+40 721 305 948
hello@erasmus-training.eu
www.erasmus-training.eu

Day 3 – Cultural Immersion Day

First 10.000 steps

10.00 – Meet & Greet your guide
10.00 – 12.45 Walking City Tour #1 (700 Market, Jewish Quarter, Liberty Square, St. George Square, Union Square)
12.45 – 13.45 **Museum of The Revolution**

14.00 – 15.30 *Traditional Romanian Lunch*

Next 10.000 steps

15.30 – 17.10 **Arts Museum**
17.10 – 18.20 Walking City Tour #2 (Victory Square, the Metropolitan Cathedral, St. Mary Square)
18.20 – 18.50 **Communist Consumer Museum**
18.50 – 19.00 – Tram ride to Liberty Square

Day 4 – Beyond coaching

09:00 – 10:30	<ul style="list-style-type: none">- Coaching is not training, mentoring or counselling- Resilience
10:30-10:45	Coffee Break
10:45-12:15	<ul style="list-style-type: none">- Motivation- Maximizing your potential
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- The leader as a coach

* Evening recommendation: Symphonic concert @ Filarmonica Banatul, starting at 7 pm

Day 5 – Conflict dynamics

09:00 – 10:30	<ul style="list-style-type: none">- Conflict management theory- Negotiation and conflict management techniques
10:30-10:45	Coffee Break
10:45-12:15	<ul style="list-style-type: none">- The culture of collaboration between university administration and the educational body- The impact of the institution size upon the coaching process – How to adapt?
12:15-13:00	Lunch
13:00-15:00	<ul style="list-style-type: none">- Feedback session- Graduation

* Evening recommendation: Contemporary Dance Class @ FITT Timisoara, starting at 7:00 pm



European Academy
of Innovation

European Academy of Innovation
Timisoara, Romania
+40 721 305 948

hello@erasmus-training.eu

www.erasmus-training.eu



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.