

ACTIVITY PROGRAMME FOR A YOUTH WORKER MOBILITY

Activity n°	Traning Course "Coaching for all"				
Participating organisations	CCPL (Luxembourg), Art Fusion (Romania), Sdrujenie Maverick (Bulgaria), Associazione InformaGiovani (Italy), Proatlântico Associação Juvenil (Portugal), Hodina H (Czech Republic)				
Venue			Duration		
City	Country	Start date	End date	Activity duration (excluding travel days)	Travel days
Luxembourg	Luxembourg	18/10/2014	27/10/2014	8	2
Activity Programme					
Timetable	Activities	Non-formal & Informal learning methods used			
<i>DAY 1 18/10/2014</i>					
until 2 p.m	Arrival				
4 p.m - 6 p.m	Presentations : Training team, traning course, venue and ground rules	ice breakers and creativity games			
<i>DAY 2 19/10/2014</i>					
10 a.m - 1 p.m (20 coffee break)	Fears and expectations Presentation of the participants and organizations	ice breakers and creativity games : team building exercises			
2.30 p.m - 6 p.m.	Introduction to "coaching" - The importance of personal and social development (positive communication)	Presentation of the method, videos, brainstorming and debates			
(20 coffee break)	(labour market, sports, social development etc) Reflexion groups	work groups - case studies			
<i>DAY 3 20/10/2014</i>					
10 a.m - 1 p.m	Context of "Coaching" approach on the participating countries (practical examples from the participants)	groups presentation Practice of Coaching			
2.30 p.m - 6 p.m.	Self-Coaching, and Professional Coaching	Simulation of coaching sessions - role-pays			
	The role of the coach and the coachee (unemployed young people); Responsabilitties of the coach	Reflexion groups			
<i>DAY 4 21/10/2014</i>					
10 a.m - 1 p.m	Coaching Process: request, contract and planning sessions	Simulation of coaching sessions - role-pays			
2.30 p.m - 6 p.m.	Application of Coaching in Social Intervention (Examples of projects developed in vulnerable contexts and main results)	Reflexion groups - case studies			
<i>DAY 5 22/10/2014</i>					

10 a.m - 1 p.m	Special features, constraints and benefits of coaching in Social Intervention - Study visit 1	Study visit - Local projet Coaching application
2.30 p.m - 6 p.m.	Special features, constraints and benefits of coaching in Social Intervention - Study visit 2 / reflexion groups	Study visit - Local projet Coaching application
<i>DAY 6 23/10/2014</i>		
10 a.m - 1 p.m	Mid-term evaluation	
2.30 p.m - 6 p.m.	Radio Program "Dialogue" - Radio Latina Luxemboug tour - interaction with the local community	
<i>DAY 7 24/10/2014</i>		
10 a.m - 1 p.m	Drafting projets for local communities	work groups
2.30 p.m - 6 p.m.	Drafting projets for local communities / reflexion groups	work groups
<i>DAY 8 25/10/2014</i>		
10 a.m - 1 p.m	Share your project idea	Presentations, individual and group work
2.30 p.m - 6 p.m.	Share your project idea reflexion groups	Presentations, individual and group work
<i>DAY 9 26/10/2014</i>		
10 a.m - 1 p.m	Erasmus + Program : Youth pass presentation Future Networking	Presentation, debates
2.30 p.m - 6 p.m.	Projects Presentation reflexion groups	Fairs
<i>DAY 10 27/10/2014</i>		
10 a.m - 1 p.m	Final evaluation : Stay in contact - method application at home country	
2.30 p.m - 6 p.m.	Departure	