

Sample program: How to Integrate Coaching into Teaching?

This is a sample of a schedule which can be adapted to suit the participants' needs. One-week course
- total minimum number of course contact lessons: 30 lessons (1 lesson=45 min).

1st DAY

- Welcome and round table discussion

Optional - Tallinn Old Town (UNESCO heritage site) walking tour.

2nd DAY

- Introduction to the course
- General Principles of coaching (e.g. building rapport, agreements, mapping the needs, etc)
- How does coaching differ from teaching?
- Formulation of working teams

Optional – Visit to Telliskivi Creative City - Today, it is a community platform for the Estonian creative industry. Visit to **Fotografiska** – Today it is a Stockholm-based, internationally renowned photographic art center.

3rd DAY

- What is coaching in the context of education?
- What are the skills a coach needs? (e.g. the miracle questions, GROW)

4th DAY

- The notion of 'mental toughness' and its relationship to coaching (coaching mindset)
- Creating 'Coaching Cultures for Learning'. (e.g. empowering techniques, group dynamics, etc)

Optional - e-Estonia Showroom - gateway to Estonian innovation. The e-Estonia showroom is a Tallinn-based executive briefing center and an innovation hub designed to experience the e-State of mind.

5th DAY

- The Coaching Continuum.
- How can Coaching Make a Positive Impact Within Educational Settings?
- Critical review of the coaching approaches (e.g. teacher/trainer challenges)

- Practical implementation of coaching approaches.

Optional – Visit of Kadriorg Art Museum (built by Tsar Peter the Great of Russia as a summer residence) and its park.

6th DAY

- Reflections/feedback/feedforward.
- Open space technology (OST).
- Debriefing and closing of the course.

Signed Agreements

A signed **Erasmus+ Mobility Agreement** and a signed **Erasmus+ Quality Commitment** are prepared in detail and sent with the Confirmation and Invoice – the Course Provider's **Certificate of Attendance** has an original signature and fully complies with Erasmus+ regulations – the Course Provider validates the Europass Mobility the Sending School completes with Course Provider details required by Erasmus+.