

The Hungarian, Turkish and Belgian-FR “Erasmus+ Youth in action” National Agencies in cooperation with the SALTO-YOUTH Participation Resource Centre organise a long-term training course on coaching for young people’s development, active participation and social inclusion, with the support of the “Erasmus+: Youth in action” programme.

PLACE & TIME

The first TC will take place in **Budapest, Hungary, 11-16 April, 2016.***

The second TC will be organised in **Izmir, Turkey, 4-9 October, 2016.***

*Including arrival and departure days



COACHING+

LTTTC on Coaching in Erasmus+ for Young People's Development

CALL FOR PARTICIPANTS

BACKGROUND

After a successful [first edition of this LTTTC in 2014-2015](#), the organising NAs and SALTO Participation will implement it again this year.

The organizers strongly believe that coaching is needed to support E+YiA beneficiaries. Coaching can be used for the personal and professional development of young people, for fostering their active participation in daily life and social inclusion. We will organise this activity based on the methods and techniques widely applied in current professional coaching. Youth workers could benefit from professional coaching that would allow them to integrate its approaches in their daily work to better respond to the needs of young people.

STRUCTURE OF THE LTTTC

This is a long-term project that will include two residential training courses and a period in between of practice. During the first TC, to be hosted by the Hungarian NA, participants will be

introduced to the basics of coaching as a method that they can apply in their daily work to improve the quality of the guidance that they offer to young people in their personal and professional development.

After the first TC participants will go back to their organisations and apply the new acquired coaching approach during **the practice phase**. The practice phase (in between the two residential TCs) consists of peer e-coaching sessions. Every participant chooses a (partner) buddy for her/himself and practise coaching based on real challenges and in a real coaching process at least 4 times, 45-60 minutes each time.

The second residential TC, organised in Turkey, will give participants the opportunity to reflect on their coaching experiences and their own development. The challenges that they encountered will be shared, allowing them to reflect on and become aware of their learning outcomes and competences acquired throughout the whole LTTTC.



Erasmus+



Aim

- assist youth workers in developing a coaching approach to improve the quality development of youth work with the support of E+YIA.

Objectives

- bring an innovative and empowering mindset to youth workers by means of individual and group coaching methods and tools;
- help youth workers to increase participation of young people in society, including those with fewer opportunities;
- help them build their personal and professional resources to contribute to their development in a holistic way;
- give them the possibility to transfer the acquired competences and inspire others to adopt the coaching approach.

We will present participants with different methods and tools used both in life and business coaching. **Participants will be encouraged to set up an Internet platform or other online tools** to record, document and share their experiences related to coaching in the learning lane.

By the end of the LTTTC, we expect participants to be able to:

- know, use and adapt coaching methods and tools easily in their daily work;
- strengthen the learning process by implementing the full coaching cycle: set goals, identify new possibilities, make decisions, take actions, & reflect;
- work on their personal and professional development to improve theirs and others' employability prospects;
- raise awareness of the entrepreneurial learning potential with coaching tools;
- be part of a support platform for sharing and exchanging experiences and good practices.

Profile of participants

- The participants will be **youth work professionals/youth leaders** interested in acquiring a coaching approach in their practices.
- We are looking for **24 participants**.
- The participants should have a working level of **English (min. B2 level)** to participate actively throughout the training course (discussions, sharing, group activities, active listening...).
- They need to be **over 18 years old**.
- **They must be able to attend both residential training courses and actively participate in the practice phase.**



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Co-organised

by



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SALTO-YOUTH
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Apply by **March 10th, 2016:**

<http://trainings.salto-youth.net/5579>