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# Introduction to coaching

## Key information

## Learning outcomes & description

## Details

## Key information

**This module is not translated. It is available only in English.**

**Target group**

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**Trainers & senior experts of the European Asylum Curriculum**

**EQF/MQF level**

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**Level 6**

### Version

**Version 1 (2022)**

### Entry requirements

**Full qualification at EQF Level 5 or equivalent AND proficiency in English**

### Prerequisites

**n/a**

### Assessment

**No**

## Learning outcomes & description

### DESCRIPTION

**This course aims to provide trainers and senior experts with a basic tool kit to familiarise themselves with coaching initiatives in an individual and group setting.**

**This course focuses on understanding the nature of coaching and how to distinguish it from other intervention techniques such as training or mentoring. The course also explores coaching as an approach to setting and achieving goals and expanding the knowledge and skills necessary to apply selected basic coaching techniques and tools.**

## LEARNING OUTCOMES

**At the end of this module, the learner will be able to:**

1. **Plan and implement a coaching approach and techniques to reach a meaningful, action-oriented conclusion**

2. **Selectively apply techniques to ensure continuous improvement and development as a coach in a long-term process**

## DELIVERY METHOD

**This course is delivered through a blended learning methodology (online and face-to-face). Online learning contains learning activities and interactive content about coaching, and the face-to-face sessions focus on the application of the acquired knowledge and skills through different learning activities.**

## ASSESSMENT STRATEGY

**This module is not assessed.**

# Details

| | ***Details*** |
|---|---|
| **Duration** | **10 hours online learning**<br>**3 days face to face** |

***Details***

**Language** **English**

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