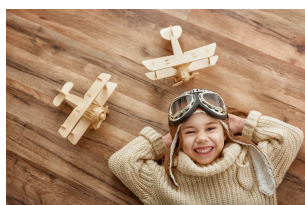


# 'Using Coaching Strategies To Achieve Balance & Increase Efficiency At Home & At Work'

Teacher Development Course – November/December 2018



## Course Objectives

- Discover coaching as a powerful model for personal and professional leadership
- Experiment with and get practice in using up to date coaching tools and strategies
- Learn how to effectively put your learnings into practice in the different areas of your life

## Course Content

- ✓ How to identify and live out your vision and purpose in life
- ✓ How to use the skills, resources and creativity that you already have
- ✓ How to design and exploit strategies and solutions to help you achieve your goals
- ✓ How to commit to and be accountable for the goals you set and how to achieve long lasting and generative change
- ✓ How to improve your performance and make better decisions
- ✓ How to develop better relationships at home and at work
- ✓ How to manage yourself in stressful situations and how to manage your time and energy
- ✓ How to deal with change and uncertainty

## Course Methodology

The sessions will follow a workshop format and be interactive, highly practical and of immediate use both inside and outside the classroom. The material will be presented in a collaborative way in which everyone will have the chance to contribute his or her ideas and thereby develop a creative and supportive learning environment. Participants will be required to complete a written assignment showing how they are putting in to practice what has been covered on the course.

## Course Dates

Tuesdays & Thursdays 10.00–13.00, November 13<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup>, 29<sup>th</sup>

Tuesday 10.00–13.00, December 4<sup>th</sup>

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