

SELF-PRESENTATION – HOW TO DEVELOP COACHING PREDISPOSITIONS?

Basic information about the subject (independent of the cycle)

Module name	Self-presentation - how to develop coaching predispositions?
Erasmus code	
ISCED code	
Language of instruction	English
Website	
Prerequisites	
ECTS points or equivalents	<p>Contact hours (with the department of the academic teacher):</p> <ul style="list-style-type: none"> - exercises - 30 hours - consultations for students - 1 hour <p>Total number of hours with the participation of an academic teacher: 31 hours Number of ECTS credits with the participation of an academic teacher: 2</p> <p>Non-contact hours (student's own work):</p> <ul style="list-style-type: none"> - preparation of multimedia presentation - 12 - on going preparation for exercises - 20 - preparation of the final work - 18 - searching and studying literature - 10 <p>The total number of non-contact hours: 60 hours Total number of ECTS points for non-contact hours: 2</p> <p>Total number of ECTS points for the module: 4</p>
Educational outcomes verification methods	<p>W1 final work; preparation of the final work W2 knowledge test U1, U2, continuous assessment of classwork, final work K1, K2, continuous assessment of class work</p>
Description	<p>The aim of the course is to familiarize students with the subject of coaching. The skills and predispositions that the trainer should have will be presented. Opportunities for extending your skills in a given field and the possibility of their verification will be indicated. Will examine the aspects of knowledge about yourself and your socio-professional opportunities.</p>
Reading list	<p>1. Fairley S. G., Stout C. E., 2004. Getting Started in Personal and Executive Coaching. Published by Pfeiffer, Canada.</p> <p>2. https://stillmed.olympic.org/media/Document%20Library/OlympicOrg/IOC/What-We-Do/Protecting-Clean-Athletes/Athletes-Space/Athletes-Entourage/Coaches/EN-Qualities-of-a-coach.pdf</p>

	3. <u>Graham S., Wedman J., Garvin-Kester B., Manager Coaching Skills: What Makes a Good Coach? Article (PDF Available) in Performance Improvement Quarterly 7(2):81 - 94 , October 2008, https://www.researchgate.net/publication/229658152_Manager_Coaching_Skills_What_Makes_a_Good_Coach</u>
Educational outcomes	<p>KNOWLEDGE</p> <ol style="list-style-type: none"> 1. Student has psychological background for the basic training and coaching stuff. 2. Student knows methods for solving training and coaching problems in the area of differential situations. 3. Student knows how to prepare presentation and use it in practice. <p>SKILLS</p> <ol style="list-style-type: none"> 1. Student can successfully employ psychological theory to solve practical problems. 2. Student develops training skills in the area of psychology. <p>ATTITUDES</p> <ol style="list-style-type: none"> 1. Student has the need to broaden his knowledge and skills.
Practice	

Website	
Educational outcomes verification methods	
Comments	
Reading list	
Educational outcomes	<p>KNOWLEDGE</p> <p>SKILLS</p> <p>ATTITUDES</p>
A list of topics	<p>Topic:</p> <ol style="list-style-type: none"> 1. Who is the trainer? 2. What kind of skills does the trainer have? 3. How to prepare and implement a psychological workshop? 4. How to prepare a workshop exercise? 5. Where to gain coaching experience? 6. What is the coaching predisposition? 7. What is the specifics of the work of the coach?
Teaching methods	<ul style="list-style-type: none"> - Lecture - Demonstration - Discussion
Assessment methods	<ul style="list-style-type: none"> - Attendance - Preparing presentation - Final exam

