

SYLLABUS

COURSE TITLE	SELF-PRESENTATION - HOW TO DEVELOP COACHING PREDISPOSITIONS?	
CREDITS	30 h (4 ETCS)	
LANGUAGE OF INSTRUCTION	English	
DEPARTMENT/FACULTY	Faculty of Pedagogy and Psychology	
LECTURER(S)	mgr Marlena Stradomska	
COURSE OBJECTIVES		
<p>Students who successfully complete this course will have a basic knowledge of and insight into:</p> <ul style="list-style-type: none"> • The student is able to apply to learn how to plan, prepare and implement a psychological workshop, which will be thematic and adequate to the needs of recipients. • The student recognizes the problems related to self-presentation and the pros and cons of public speaking, in addition, the student will notice the differences between coach, coach and psychologist. • The student is acquainted with finding out where to look for internships and training in coaching e.g. volunteering, free training, paid internships, cooperation with specialists, looking for companies offering help. • The student gains awareness of the specifics of working with people who want to train and also discover their predispositions to conduct specialist workshops. 		
PREREQUISITES		
COURSE ORGANISATION – LEARNING FORMAT AND NUMBER OF HOURS		
Classes: 2 x 3 hrs/w.		
One workshops and one tutorial per week (on-line), both lasting three hours.		
COURSE 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. Course will examine the aspects of knowledge about yourself and students socio-professional opportunities.</p> <p>Topics:</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? 		
METHODS OF INSTRUCTION	Presentation, discussion, didactic film, reading assignments, quizzes, demonstrations, case studies, workshops	
REQUIREMENTS AND ASSESSMENTS	<p>* Active participation in classes</p> <p>* One presentation</p>	

* Final written exam

GRADING SYSTEM

Success in this course depends on attending class regularly, actively participating in class, and taking thorough notes.

Presentation: There will be one presentation to make and present on a faculty.

Final test: There will be an exam at the end (test: multiple choice, true/false and open cloze)

The exam will cover the text and workshops material

0-50% - 2.0 50-59%-3.0 60-69% -3.5

70-79%-4.0 80-89% - 4.5 90-100%-5.0

TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS

Activity	Hours:
Workshops	30
Preparation for classes (Reading, homework etc.)	25
Preparing a presentation	25
Revising for the final test	24
Final test	1
Total	105
ECTS	4

STUDYMATERIALS

PRIMARY OR REQUIRED BOOKS/READINGS:

1. Fairley S. G., Stout C. E. (2004). *Getting Started in Personal and Executive Coaching*. Canada: Pfeiffer.
2. Graham S., Wedman J., Garvin-Kester B. (2008). Manager Coaching Skills: What Makes a Good Coach? *Performance Improvement Quarterly* 7(2), 81-94.
3. Stradomska, M., Wolińska, J., Marczak, M. (2016). Circumstances and underlying causes of suicidal attempts in teen patients of mental health facilities - A psychological perspective, *Journal of Psychiatry and Clinic Psychology*, 16(3), 136-149.
4. Stradomska, M. (2018). Media education, advertisements and conscious prevention – preventing difficult situations and suicides in a younger age group. *Kongitywistyka i media w edukacji*, 2(2), 1-12.

SUPPLEMENTAL OR OPTIONAL BOOKS/READINGS:

1. Luciani, J.J. (2017). *Self-Coaching. The Powerful Program to Beat Anxiety and Depression*. John Willey&Sons.
2. Azmatullah, S. (2013). *The Coach's Mind Manual. Enhancing coaching practice with neuroscience, psychology and mindfulness*. Canada: Pfeiffer.