

Coaching: A Powerful Tool



learning**together**

**Izvešće s održanog strukturiranog tečaja
– Erasmus+ program**

Porto, Portugal 20.-27.srpnja 2025.

Sudionici iz Mađarske, Španjolske, Njemačke i Hrvatske (9)

Voditelji:

SÍLVIA VILAS

Trainer | MSc in Clinical Psychology | Psychologist & Consultant

Specialised in training in the areas of Interpersonal and Public Communication, in Sales, Argumentation and Communication with the Client and Commercial Teams, in Leadership and in the Development of Personal and Social Skills.

Toastmaster and speaker curator at TEDxPorto.



Ciljevi tečaja

- + Upoznavanje i kreiranje strategija za smanjivanje i eliminaciju bullyinga i agresivnog ponašanja (fizičkog i psihičkog)
- + Učenje coaching modela i inovativnih tehnika
- + Identificirati negativna uvjerenja i transformirati ih u pozitivna
- + Razumjeti probleme tjelesnog i mentalnog zdravlja unutar učiteljske profesije
- + Poboľšati međuljudske odnose
- + Uvesti nove alate i resurse unutar učionice za poticanje dobrobiti – Smanjiti rano napuštanje škole
- + Unaprijediti komunikacijsku kompetenciju na engleskom jeziku
- + Prenijeti i podijeliti temeljne vrijednosti, iskustva i učinkovite nastavne prakse s drugim učiteljima i kolegama
- + Pružite učiteljima uvid u Porto i portugalsku kulturu i baštinu.

Coaching strategija



Goal

Reality

Options

Will

Coaching skills / vještine

1. Izgradnja odnosa – aktivno slušanje, empatija...
2. Postavljanje pravih pitanja – podizanje samosvjesnosti
3. Postavljanje ciljeva, kreiranje planova, aktivnosti, predviđanje prepreka, posljedica, alternative
4. Jačanje motivacije i pružanje potpore

The VIA Character Strengths Survey

Test jakih strana klijenta



CHARACTER STRENGTHS | REPORTS | COURSES | WELLBEING | EVENTS | PROFESSIONALS

The VIA Character Strengths Survey

Get to know your greatest strengths.

Why take the survey?

The VIA Survey is the only free, scientific survey of character strengths in the world. Take this simple, 10 minute character test and discover your greatest strengths. Research shows that knowing and using your character strengths can help you:

- ✓ Increase happiness and well-being
- ✓ Find meaning and purpose
- ✓ Boost relationships
- ✓ Manage stress and health

Already have an account?

Register to take a VIA Survey

You must be 13 years or older to register for an account. Children under 13 must have an account here or the adult may [sign in](#) for the child to take the VIA Youth Survey on their account.

FIRST NAME

LAST NAME

EMAIL ADDRESS

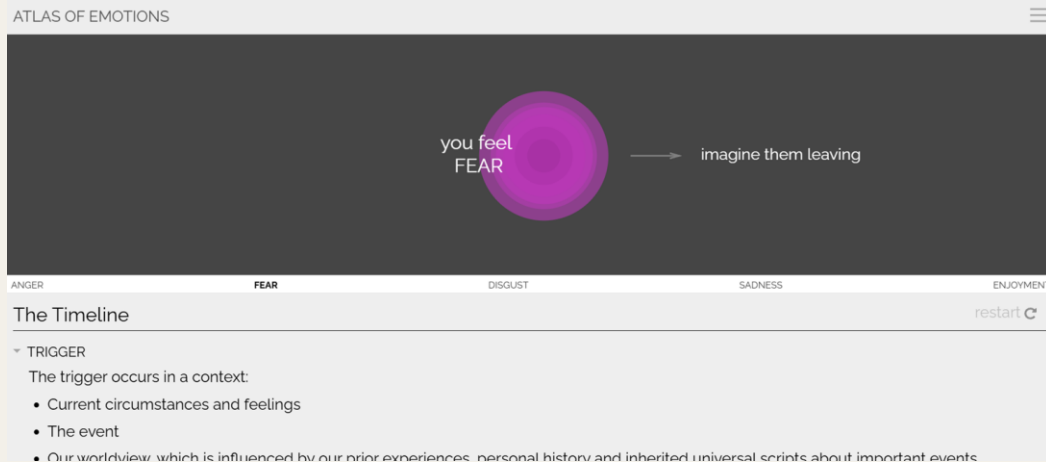
LANGUAGE

Welcome to the Atlas of Emotions

SUPPORTED BY THE DALAI LAMA [LEARN MORE >](#)

The first step towards emotional awareness is learning to identify and describe how you are feeling, and why.

ATLAS OF EMOTIONS



you feel
FEAR → imagine them leaving

ANGER FEAR DISGUST SADNESS ENJOYMENT

The Timeline restart

TRIGGER

The trigger occurs in a context:

- Current circumstances and feelings
- The event
- Our worldview, which is influenced by our prior experiences, personal history and inherited universal scripts about important events

ATLAS OF EMOTIONS

Introduction

Timeline

Experience

Response

Strategies

Podjela certifikata



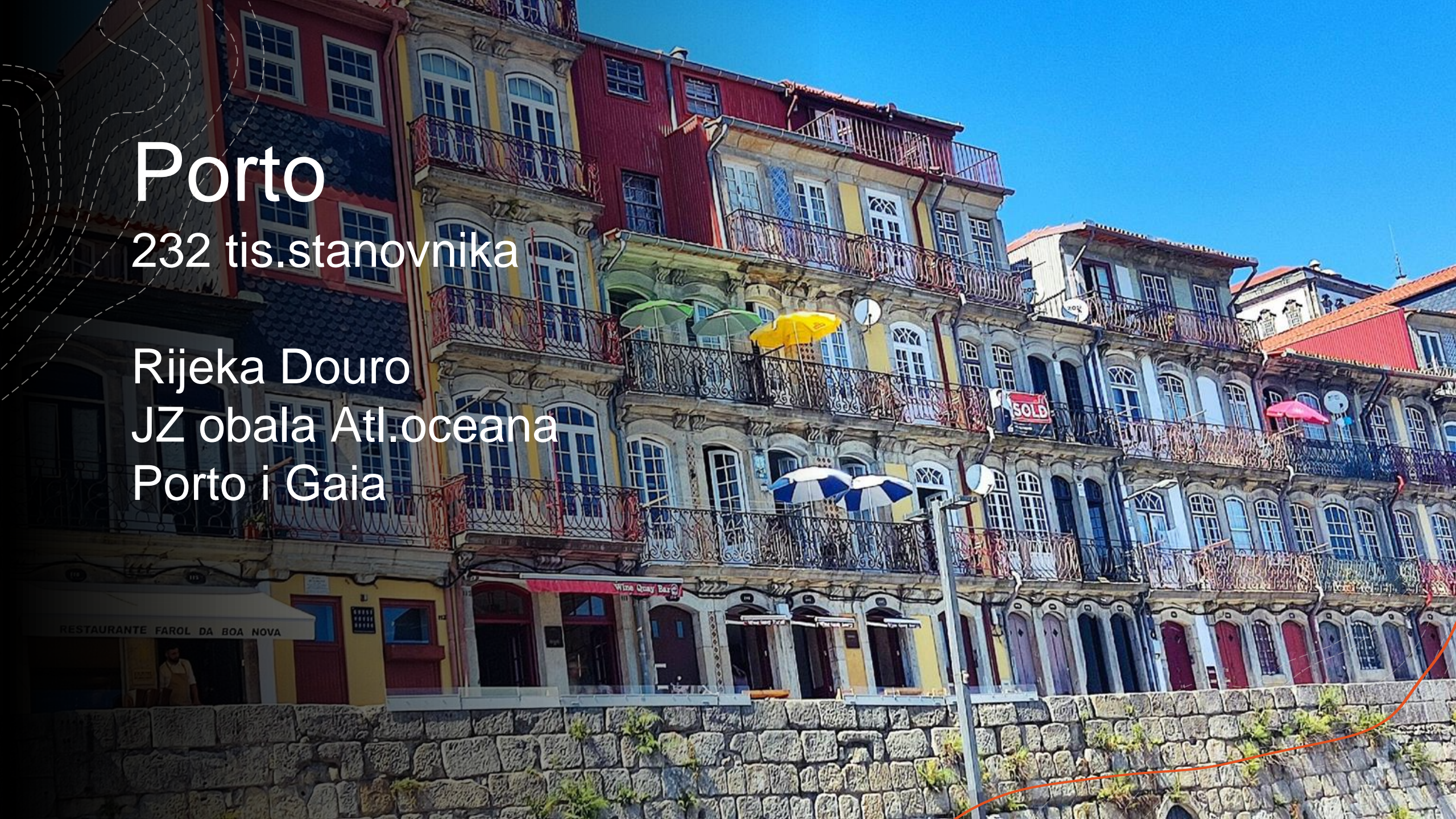
Porto

232 tis.stanovnika

Rijeka Douro

JZ obala Atl.oceana

Porto i Gaia



RESTAURANTE FAROL DA BOA NOVA

Wine Quay Bar

Grad mostova
Pogled na srednjovjekovnu Ribeiru s područja Gaie

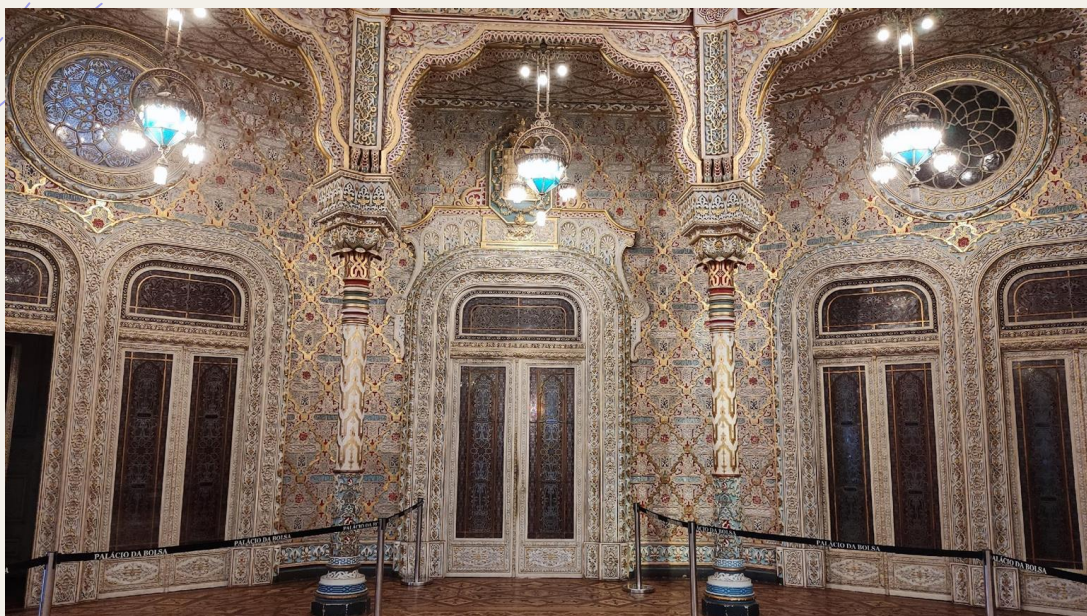


Rijeka Douro dijeli Porto i Gaiu – pogled prema ušću rijeke Douro u Atlanski ocean





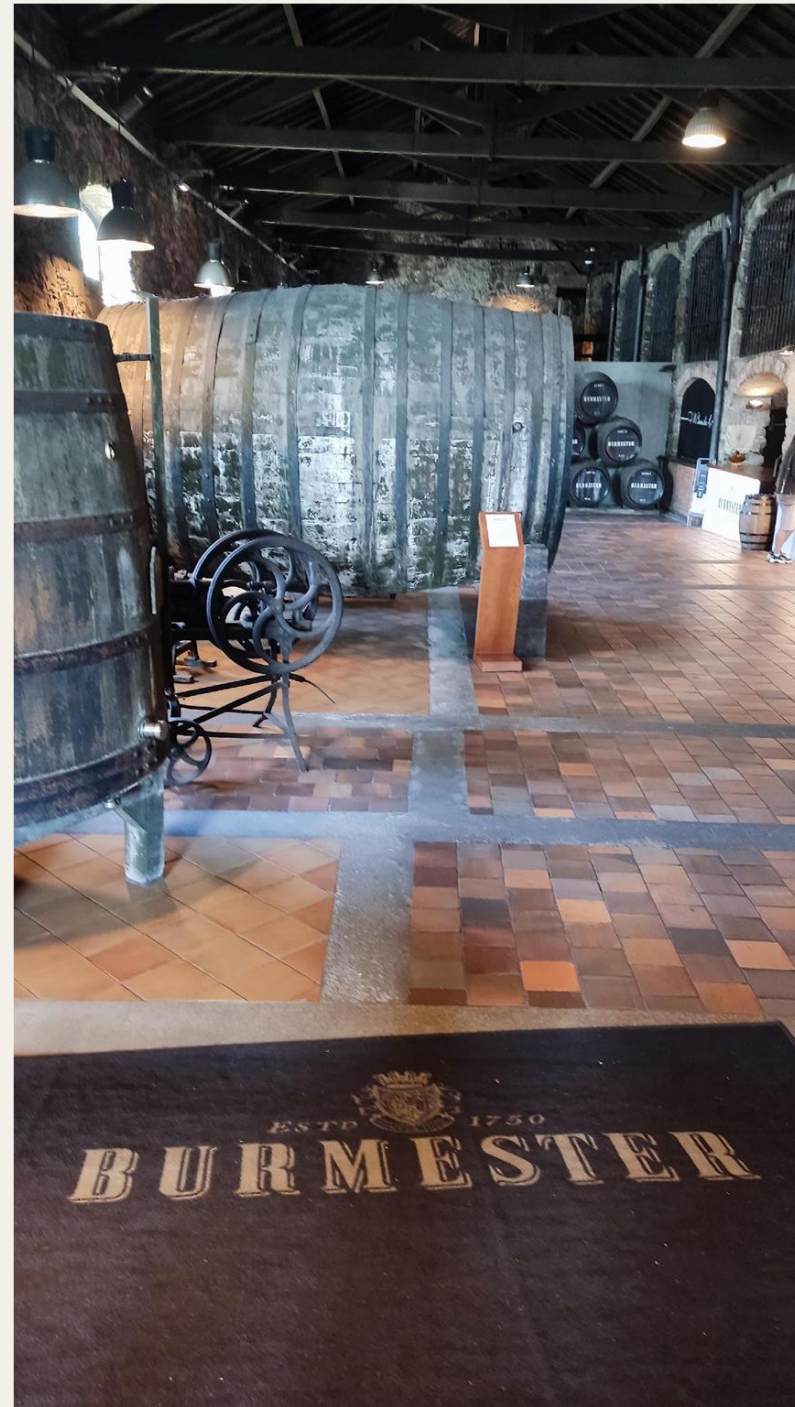
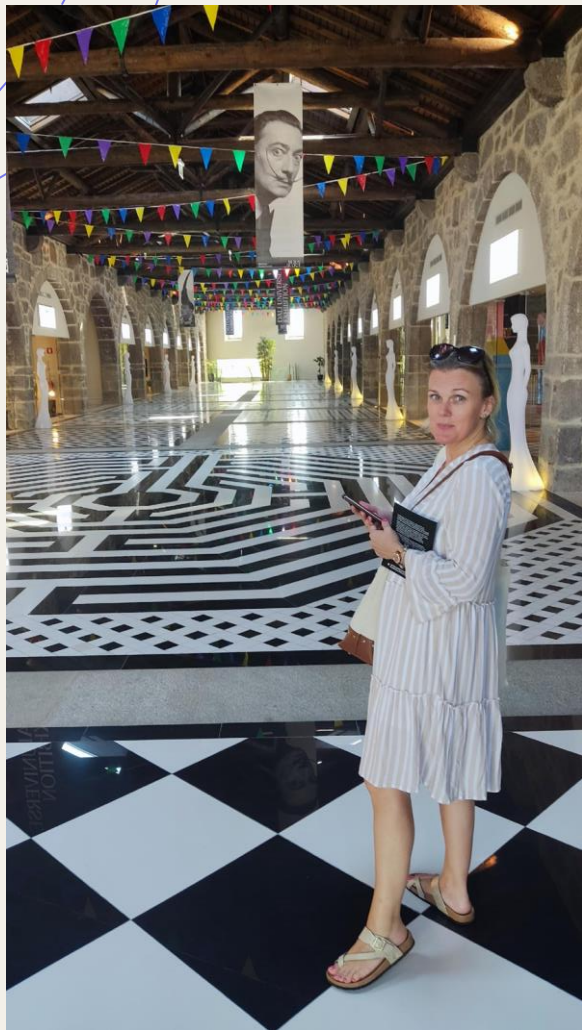
Palacio da Bolsa



Obalni pojas Atlanskog oceana



Izložbe i vino - WOW





Fado

Knjižara
Lello





Sufinancira Europska unija

Erasmus+

Obogaćuje živote, širi vidike.