

SCHOOL INNOVATION

INTEGRATING EMOTIONAL
INTELLIGENCE AND
COACHING METHODS IN
ADULT EDUCATION



Your Mobility Partner

COURSE OVERVIEW

This training course aims to equip educators, trainers, and facilitators with the knowledge and skills to effectively use emotional intelligence and coaching methods in the context of adult education. Participants will explore theories and practical strategies to enhance their teaching and facilitation techniques, enabling them to create a supportive and engaging learning environment for adult learners. The course will consist of a combination of theoretical discussions, practical exercises, role-playing, and real-life case studies.

COURSE OBJECTIVES

- Understand Emotional Intelligence (EI) in Adult Education.
 - Apply Emotional Intelligence to Enhance Teaching/Facilitation.
 - Manage Emotions and Conflict in the Classroom.
 - Motivate and Engage Adult Learners through Emotional Intelligence.
 - Comprehend the Role of Coaching in Adult Education.
 - Develop Essential Coaching Skills for Educators.
 - Reflect on Personal Growth and Learning.
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LEARNING OUTCOMES

Understanding EI's significance in learning. Learning strategies for managing emotions and creating supportive environments. Motivating adult learners with emotionally engaging activities. Acquiring conflict resolution skills through peer mediation. Distinguishing coaching from traditional teaching roles. Practicing active listening and questioning for trust-building. Structuring coaching conversations and facilitating group sessions.

Duration

This is a 10 Day Course.

Price

All expenses can be covered through a Knowledge Acquisition (KA) subsidy within the Erasmus+ initiative. This is a 10-day training course in which Mobility Friends imposes a fee of 700€ per attendee, in courses located in the cities of the continent and Madeira island. The fee for Azores island is 960€ per attendee.

The price includes the training course and a coffee break.

For groups of 5 or more people, please contact us for pricing details.

Language

English

Schedule

The timing of classes, whether in the morning or afternoon, is determined by the provider. The schedule may vary considerably based on participants' preferences and the trainer's discretion regarding any modifications.

Certificate

A Certificate of Attendance will be awarded to participants who attend a minimum of 80% of the course.

Other Services

Besides providing the training course, Mobility Friends offers various services to participating groups, such as accommodation, cultural visits, and transfers, among others. Contact us to learn how we can assist you with your travel logistics.

COURSE TIMELINE

DAY 1

- Defining emotional intelligence (EI) and its importance in adult learning.
- Understanding the role of emotions in the learning process.
- Identifying the benefits of incorporating EI in adult education.

DAY 2

- Self-awareness: Recognizing emotions and their impact on learning.
- Self-regulation: Managing emotions for effective teaching and learning.
- Motivation: Cultivating a positive learning environment.
- Empathy: Understanding adult learners emotional needs.
- Social Skills: Enhancing communication and relationships.

DAY 3

- Strategies to handle challenging emotions in the classroom.
- Creating a supportive and inclusive learning environment.
- Empowering adult Learners through emotional intelligence.

DAY 4

- Motivating and inspiring adult learners through EI.
- Designing emotionally engaging learning activities.
- Encouraging participation and collaboration.

DAY 5

- Resolving conflicts between adult learners.
- Managing teacher-learner conflicts with emotional intelligence.
- Promoting emotional intelligence in peer mediation.

*Please note that program content may be subject to change based on input from our trainers.

COURSE TIMELINE

DAY 6	<ul style="list-style-type: none"> • Defining coaching and its relevance in the adult learning context. • Differentiating coaching from traditional teaching methods. • Understanding the role of a coach in adult education.
DAY 7	<ul style="list-style-type: none"> • Active listening: Building trust and rapport with adult learners. • Powerful questioning: Encouraging self-discovery and critical thinking. • Providing constructive feedback and support.
DAY 8	<ul style="list-style-type: none"> • Setting goals with adult learners: Identifying SMART objectives. • Assessing current reality: Understanding adult learners' challenges. • Exploring options: Encouraging creative problem-solving. • Creating action plan: Setting clear steps for success.
DAY 9	<ul style="list-style-type: none"> • Structuring coaching conversations within the curriculum. • Facilitating group coaching for adult learners. • Overcoming common coaching challenges in education
DAY 10	<ul style="list-style-type: none"> • Developing a personal action plan for integrating EI and coaching methods. • Role-playing coaching scenarios to practice emotional intelligence skills. • Final reflections and Q&A session. • Feedback and evaluation course.

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MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General
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