



School Innovation

INTEGRATING EMOTIONAL INTELLIGENCE
AND COACHING METHODS IN ADULT
EDUCATION

Your Mobility Partner

PIC Number: 948037649 Organisation ID: E10207576



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.

Learning Outcomes

This training equips educators and facilitators with emotional intelligence and coaching tools for adult education. Participants explore theory and practical strategies to enhance teaching and engagement. The course includes theoretical discussions, role-playing, and real-life case studies. Educators will create supportive, engaging learning environments.

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 Azeros 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.

Duration: 10-Day Course

Language: English

Schedule: The time 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 minimum of 80% of the course.

Other Services: Mobility Friends offers various services for you. We handle everything from accommodation to cultural visits and transfers. Contact us to learn how we can assist you with your travel logistics.

PLANNER

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.

PLANNER

DAY 6

- 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

- Active listening: Building trust and rapport with adult learners.
- Powerful questioning: Encouraging self-discovery and critical thinking.
- Providing constructive feedback and support.

DAY 8

- 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

- Structuring coaching conversations within the curriculum.
- Facilitating group coaching for adult learners.
- Overcoming common coaching challenges in education.

DAY 10

- 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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Talk with Us

We are waiting for You

www.mobilityfriends.org

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