COURSE DETAIL

COACHING AND TRAINING
Country Netherlands
Host Institution Utrecht University
Program(s) Utrecht University
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Education
UCEAP Course Number 136
UCEAP Course Suffix
UCEAP Official Title COACHING AND TRAINING
UCEAP Transcript Title COACHING & TRAINING
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description
Coaching and training is all about facilitating learning for individuals and groups/teams. The knowledge and skills that are necessary for coaching and training are important for academic professionals who are going to support co-workers or clients. Coaching is directed at fostering self-directed learning and personal growth. The coach aims at enlarging problem solving and self-regulating skills of individuals or teams. Coaching is more about asking the right questions than telling people what to do. Coaching involves working towards the goal the employee has set for him- or herself in collaboration with the coach. Training involves designing a learning environment (the workshop) for a group and to subsequently deliver this workshop to the target audience. A workshop aims at activating the participants to acquire knowledge, understanding and skills with regards to a given subject. When this is done in an effective way, the workshop facilitates change to achieve individual and organizational goals. The course gives the opportunity to acquire experience with coaching and training. Students are asked to take on the different roles of coach and coachee, of trainer and workshop participant, because the change of perspective leads to a deeper understanding of effective coaching and training. The theoretical knowledge about coaching and training helps you to place your experiences in a wider scope of reference and provides a framework to reflect on your learning process. Theory is used as a source of inspiration for the coaching process and workshop design and it is used to attain a well-founded self-reflection. Theory and practice combined lead students to develop their own perspective on coaching and training.

Language(s) of Instruction
English

Host Institution Course Number
200900121

Host Institution Course Title
COACHING AND TRAINING

Host Institution Course Details

Host Institution Campus Social and Behavioural Sciences
Host Institution Faculty
Host Institution Degree
Host Institution Department Educational Sciences
Course Last Reviewed

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