

EVEREST



"TRAINING FOR OUTDOOR TRAINERS
ON USING NATURE AS A COACHING TOOL"

2nd

PHASE OF EVEREST (EXPLORING VALUE OF EXPERIENCE: REWRITING EDUCATION IN SYNERGY TC.)
IS A TRAINING COURSE TAKING PLACE FROM **3RD - 12TH JULY 2016**
IN **GEORGIA**. IN THIS TRAINING THE PAX

WILL HAVE A CHANCE TO PRACTICE COACHING IN MIXTURE OF INDOOR & OUTDOORS
TO LEARN HOW OUTDOOR CAN BE USED FOR LIFE CHANGING EXPERIENCE
AND AS A TOOL FOR SYNERGY BETWEEN ORGANISATIONS AND THEIR CLIENTS.



THIS TRAINING IS FOR YOU IF:

- You have experience with organizing outdoor activities and you are interested in using coaching approaches in your work.
 - You are over the age of 18.
 - You come from Denmark, Netherlands, Czech Republic, Romania, Latvia, Armenia or Georgia.
 - You are willing to explore and experience coaching & outdoors through 8-12 hours of daily program, working in early afternoon, afternoon and evening.
- ➔ PRIORITY WILL BE GIVEN TO THE PARTICIPANTS WHO JOINED THE STUDY VISIT IN OLDE VECHTE FOUNDATION IN DECEMBER 2015.

3RD JULY
ARRIVAL DAY

4TH JULY 12:00
TRANSPORTATION
FROM TBILISI - FREEDOM
SQUARE TO BAKURIANI

12TH JULY
DEPARTURE DAY

METHODS & TECHNIQUES



PARALLEL PROCESSES

One of the things holding us back to work with other people using coaching is the belief that we need to know everything, which is limiting our opportunities. You will become more aware of your own processes as a coach and as a coachee experiencing both roles.



With language we create relationships, moods, public identity, context and commitment. You will become able to grasp the capacity of language in coaching and how you can create context by using language.

CONVERSATION TECHNIQUES

- Backtracking
- Reflecting on feelings
- Lazy coach

NATURE AS A TOOL

CONTENT & CONTEXT REFRAMING

A way of changing conceptual or emotional viewpoint of a coachee towards placing it in different frame finding the facts as another situation.

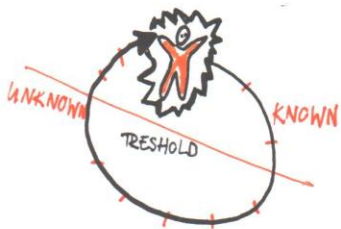
STATE MANAGEMENT
 How to create a state in a coaching conversation?
 How to build state for you as a coach and how to bring state to your trainees?

- BEHAVIOURAL COACHING
- OBSERVATION TECHNIQUE
- VIDEO FEEDBACK
- MENTORING

Through silence and awareness of yourself there is plenty to discover as a coach and as a coachee. Feelings, through physical awareness can lead to insights and new behavior.

MEDITATION





RESULTS

FROM THE BASIC SKILLS & TECHNIQUES THAT ARE GIVEN, YOU CAN DEVELOP YOUR OWN STYLE ON HOW TO USE COACHING IN YOUR WORK WITH GROUPS AND TEAMS. YOU LEARN HOW TO WORK OUT YOUR OWN QUALITIES AND HOW TO IMPROVE AND IMPLEMENT YOUR ALREADY EXISTING COMPETENCES. THE RESULT OF THIS TRAINING CAN BE LONG LASTING CONFIDENCE IN INTERACTING WITH GROUPS, WHICH WILL BRING YOU TO YOUR DESIRED OUTCOMES WITH MUCH LESS EFFORT THAN BEFORE.

TRAVEL



WHEN BUYING THE TICKETS, BE AWARE THAT THERE IS **FIXED** AMOUNT OF MONEY TO BE REIMBURSED FOR EACH COUNTRY. THIS AMOUNT IS CALCULATED ACCORDING TO THE ERASMUS REGULATIONS:

180 EUR	: ARMENIA & GEORGIA
275 EUR	: ROMANIA & CZECH REPUBLIC
360 EUR	: DENMARK, NETHERLANDS & LATVIA

- As soon as you receive a confirmation letter, you may book your flight and inform the organizers about your arrival and departure time.
- We require your attendance in the whole duration of the program
- If you wish to arrive earlier or leave later, you must arrange your stay on your own.
- In case of any questions contact UCHA BURDULI: ucha1989@yahoo.com

See you in Georgia!