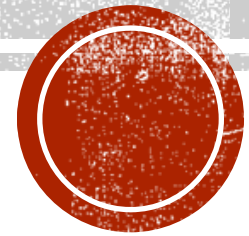


**SUPPORT OF
STUDENT'S SELF-
DEVELOPMENT
THROUGH
COACHING
TECHNIQUES**



LITERATURE

- See study materials



CREDITS REQUIREMENTS

- **Active participation:** 1 possible absence if necessary (only serious reason, e.g. illness)
- **The list of own topics** – at least 12 - as a choached person you need to have some topic for coaching process – put it to the Information system – section „homework vaults“ until second meeting (21.3.)
- **Performing coaching skills** – at least 5 interviews conducted as a coach (during seminars and as a homeworks) – put 5 „self/evaluation forms“ to the Information system – section „homework vaults“ (until 31.5.)



EXAMPLES OF TOPICS FOR COACHING INTERVIEW

- How to improve my time-management
- How to learn to say "no"
- How to improve presentation skills
- How to train patience
- Indecision
- Do I want to be a teacher?
- How to improve the relationship (work / personal)
- How to improve a skill (leisure time activity, tutoring, English...)
- My relationship to study
- How to quit smoking
- ...

