

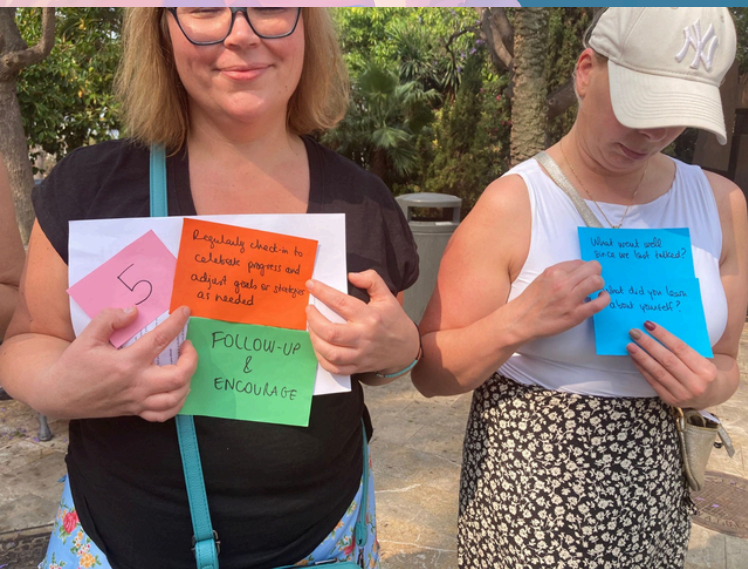


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Zmienia życie, otwiera umysły

2-6.06.2025, Majorka

Educational Coaching Tools





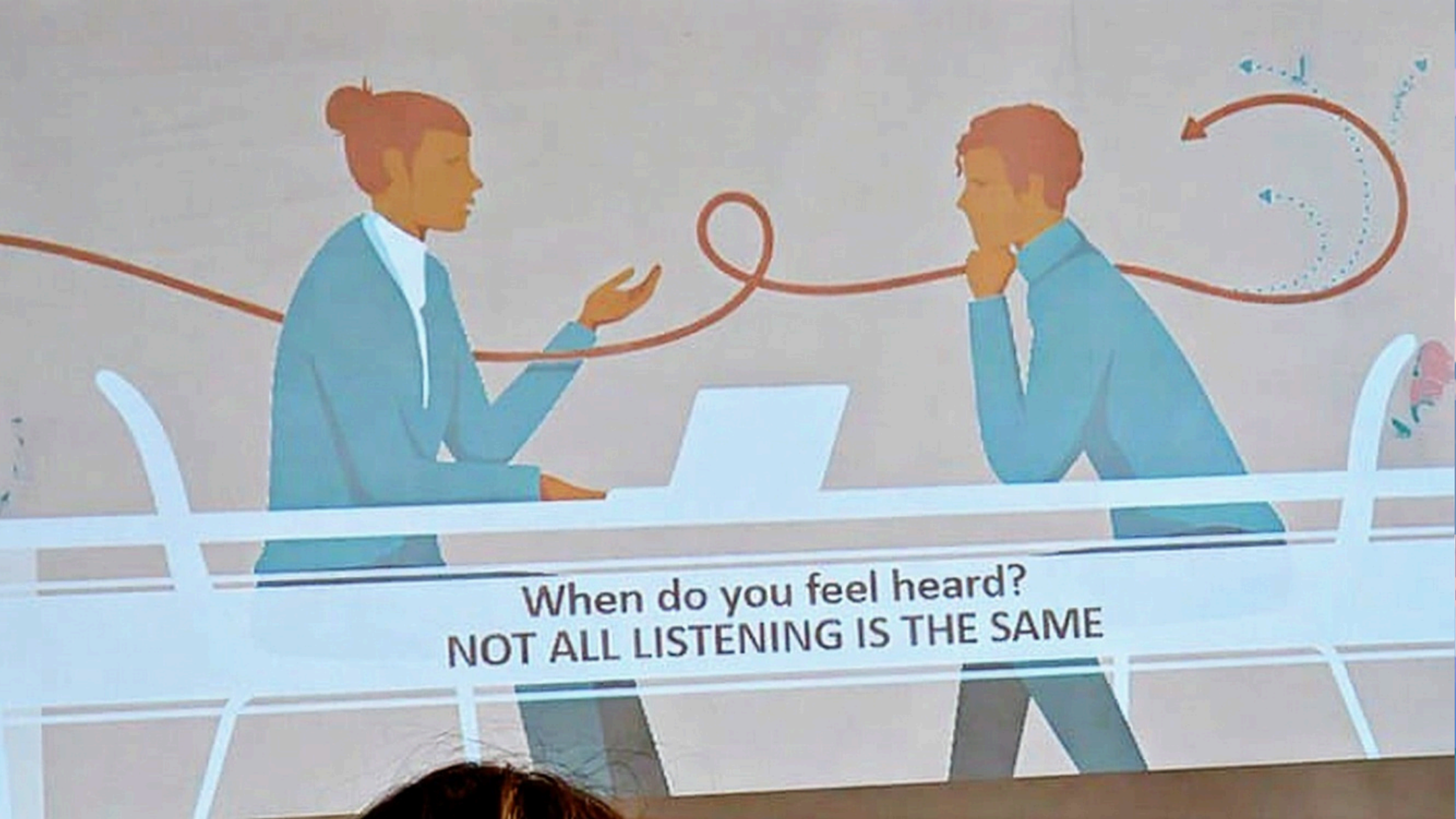
W dniach 2-6 czerwca 2025 pedagog Monika Suska-Zięcina uczestniczyła w kursie: Educational Couching Tools na Majorce. Udział w szkoleniu umożliwił nauczycielce rozwój wiedzy i umiejętności w zakresie couchingowych technik wsparcia młodzieży. Poznane techniki dotyczyły rozpoznawania i wzmacniania indywidualnego potencjału, rozwoju umiejętności zauważania, rozumienia i wyrażania własnych potrzeb, komunikacji z innymi, zarządzania czasem i planowania.

What Coaching Changes

Coaching is not about fixing people.
It's about unlocking their potential.

BENEFITS OF COACHING





You cannot coach if you don't know
How to listen or How to make people
feel heard

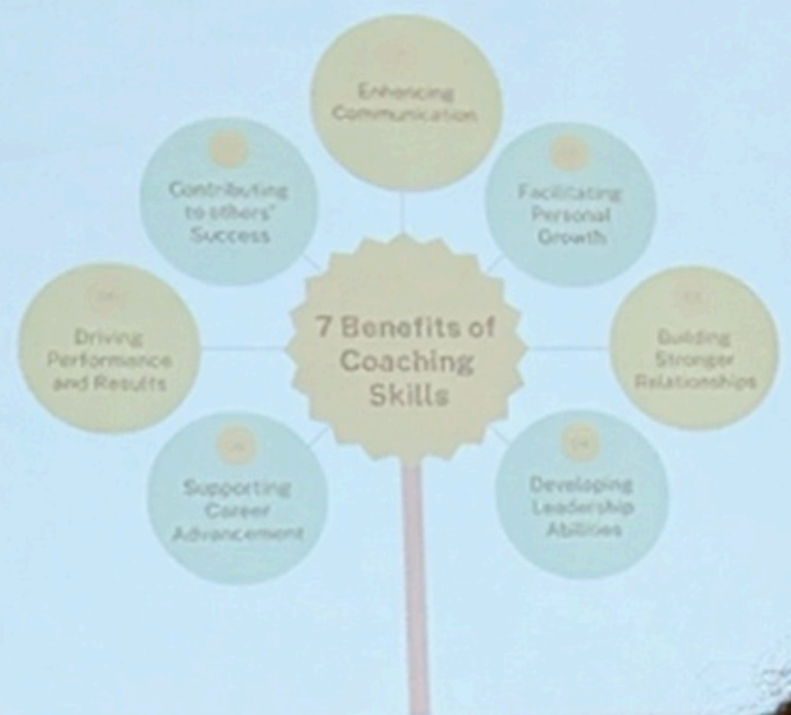
I feel heard when:

- Open body lang.
- Smiling, nods
- Eye contact

I feel I am not
listened to when:

- No eye contact
- Not paying attention
- Interruptions
- Distractions
- Rushing you
- No emotion
- Topic change

Coaching = Communication with Purpose



Coaching Language for Feedback

Use reflective coaching cues or phrases:

? “What do you notice about how that went?”

🎯 “What would you like to try next time?”

🧩 “How did that feel from your end?”

👉 “What would support you right now?”

***“You can’t coach someone if you need
something from them”***

Time management

[https://upskillsforwork.ca
/wp-
content/uploads/US4W-
Time-Management.pdf](https://upskillsforwork.ca/wp-content/uploads/US4W-Time-Management.pdf)

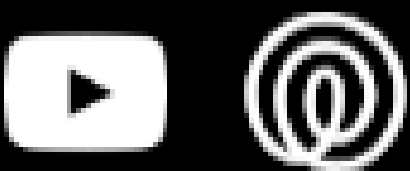
7 Ways to Teach Time Management Skills for Teens

By June Scharf

Most adults struggle with how to manage time effectively. Teens are no different. Their time is splintered by many demands—academic, social, sports, volunteer hours, family responsibilities. So when it comes to time management for teens, how do we help teens learn to set priorities and manage time effectively? Parents, you can be a helpful resource by stepping in and offering guidance.



When you understand the many factors involved with time management for teens, you will be able to make suggestions to help reduce your teen's stress. Jennifer Hatfield, president of Therapy and Learning Services, Inc., details her



4W-Time-Management.p

Time Management





Time Management



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These skills are used in nearly every job and in daily life. They also allow us to learn new skills and to adapt to changes. Improving your skills can help you to build a good life for yourself.

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This workshop

Employers value workers who can manage their time well. Employees with good time management get more done, meet deadlines, and handle busy times better.

In this workshop, we will look at some skills that help with time management. We'll also talk about common time-wasting habits we fall into, and how to overcome them.

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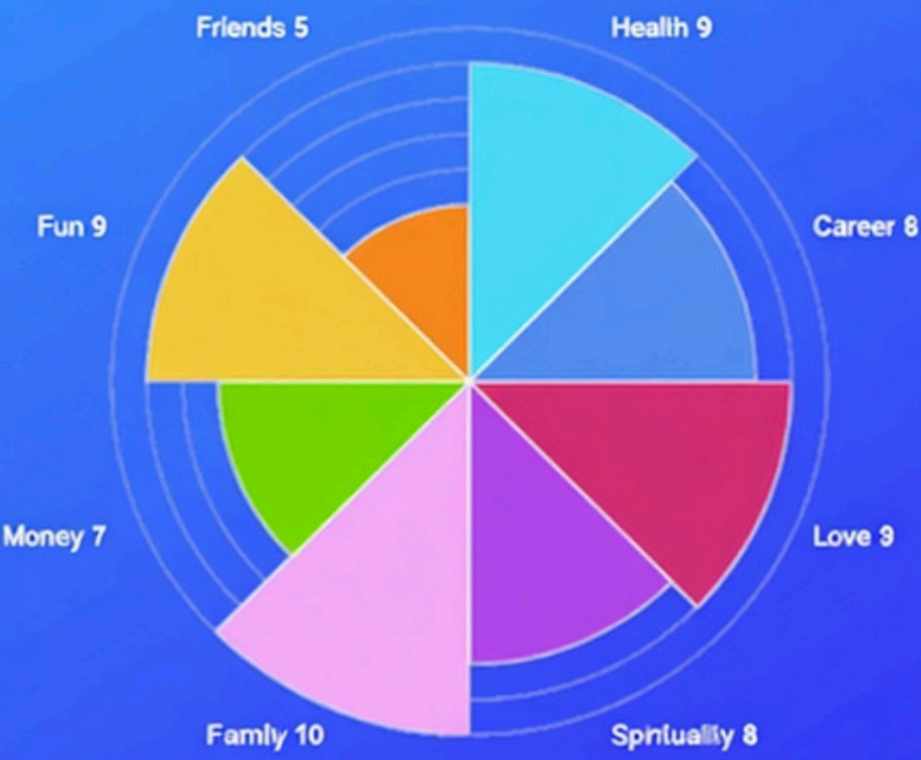
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Partners in development of *UP Skills for Work*:

Content developed in collaboration with Futureworx Society.



The Wheel of Life is a simple yet powerful tool for visualizing all areas of your life at once to see where you most need improvement. It only takes a minute to complete and it's totally free!



<https://wheeloflife.noomii.com/>

Certificate



Thank You:)

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Zmienia życie, otwiera umysły

by Monika Suska-Zięcina

