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Introduction to coaching

[Key information](#)

[Learning outcomes & description](#)

[Details](#)

[Training plan 2026](#)

Key information

This module is not translated. It is available only in English.



Target group

Trainers & senior experts of the European Asylum Curriculum



EQF/MQF level

Level 6



Version

Version 1 (2022)



Entry requirements

Full qualification at EQF Level 5 or equivalent AND proficiency in English



Prerequisites

n/a



Assessment

No

Learning outcomes & description

DESCRIPTION

This course aims to provide trainers and senior experts with a basic tool kit to familiarise themselves with coaching initiatives in an individual and group setting.

This course focuses on understanding the nature of coaching and how to distinguish it from other intervention techniques such as training or mentoring. The course also explores coaching as an approach to setting and achieving goals and expanding the knowledge and skills necessary to apply selected basic coaching techniques and tools.

LEARNING OUTCOMES

At the end of this module, the learner will be able to:

- 1. Plan and implement a coaching approach and techniques to reach a meaningful, action-oriented conclusion**
- 2. Selectively apply techniques to ensure continuous improvement and development as a coach in a long-term process**

DELIVERY METHOD

This course is delivered through a blended learning methodology (online and face-to-face). Online learning contains learning activities and interactive content about coaching, and the face-to-face sessions focus on the application of the acquired knowledge and skills through different learning activities.

ASSESSMENT STRATEGY

This module is not assessed.

Details

Details

Duration 10 hours online learning
3 days face to face

Details

Language English

Training plan 2026

| Training plan | Target group | Loc. | Est. time for online studies | Reg. deadline | Online | Webinar / Face to face | Assessment |
|----------------------------|-------------------------------------|--------------|-------------------------------------|----------------------|---------------------------|-------------------------------|-------------------|
| Trainers curriculum | Asylum & reception staff | Malta | 10 hours | 17/4/2026 | 1/6 to 12/6/2026 | 17-19/6/2026 | n/a |
| Trainers curriculum | Asylum & reception staff | Malta | 10 hours | 7/9/2026 | 20/10 to 6/11/2026 | 11-13/11/2026 | n/a |
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