



International Association of Coaching Institutes (ICI)

www.Coaching-Institutes.net

An international Coaching project supported by the ICI

Coaching Educational Lessons
The Project Conscious Education

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Goal of the Project

We prepare teachers – educators to introduction coaching educational lessons in their schools.
As a result students develop following key skills:

- competence of effective learning in accordance with individual meta program
- social and civic competences, and interpersonal communication
- very important nowadays: initiative and entrepreneurship

**The ICI invites all members
to feel inspired, to share experiences, to learn from each other
and to develop an International Coaching Project on the basis of:**

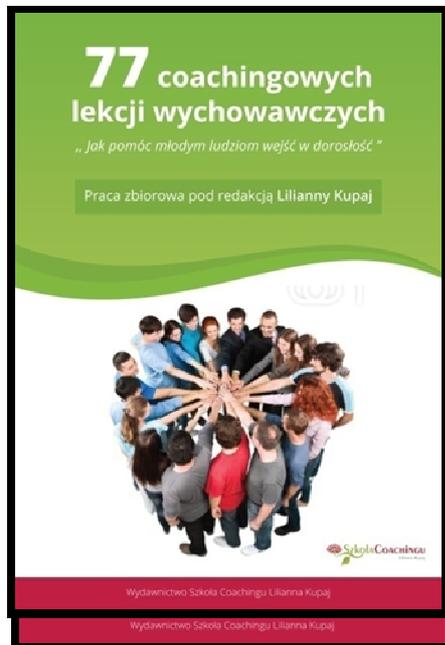
77 COACHING EDUCATIONAL LESSONS

How to help young people enter adulthood.

For teachers, educators, psychologists and parents



Inspiration



The inspiration to write this program is the desire to help children live in happiness and love.

We believe that every child has potential, life goal to discover and realize, and we - adults, both parents and teachers, we are here to help them. We believe that the key to life is to recognize and unleash potential and develop those talents that are given to us and to our children.

So that, to help young people - we need to start with ourselves. What can we give them if our heart is cold, sad or frightened? We will not be reliable, saying: - Take care of yourself - when we do not care about ourselves, - Love yourself - when we do not love ourselves, - Do not be afraid ! - if we are afraid , - Trust me - if we do not trust our lives.

Our idea is that the first teacher should do exercises for himself, experienced the effects and then reliably

conducted classes with their students.

The textbook contains practical lesson plans and necessary part of the knowledge given that the teacher can lead lesson independently by himself.

Coaching methods are basic tools for teachers, used to work with students and parents in modern educational institutions around the world.

They are the prevention of aggression and peer violence. Liberate the potential of individuals and team, increase motivation and efficiency of both: in the area of task and relational. Project „**Coaching educational lessons**” prepare teachers to conduct lessons based on textbook of coaching methods and techniques. Teachers and students will achieve better results in learning.

The project involves 60 hours to prepare teachers to conduct educational lessons. Estimated time needed for this is one school year (10 months). During the course teachers will learn coaching competences and the rules of their application in relation to the student. As training material will be used textbook, included educational lessons plans: „**77 educational lessons**” edited by Lilianna Kupaj and book: „**Coaching competences in teacher work. How to develop student’s potential in school**” co-authorship Lilianna Kupaj, Wiesława Krysa.

In the practical part of course, teachers will observe conducting educational lessons. During the process there will be together discussing various scenarios and providing feedback to teachers. Project provides pilotage in dozens of secondary schools in Poland.



AUTHORS

Lilianna Kupaj, Wiesława Krysa, Karolina Żmudzka, Marzena Konieczny
„77 coaching educational lessons” is a publication edited by Lilianna Kupaj.

Co-authors are teachers, educators, psychologists and coaches permanently cooperating with the educational community. They have a lot of experience in their profession and highly coaching qualifications confirmed the polish or/and international accreditation.

We are member of ICF, ICI, Izba Coachingu. Our coaching programs are accredited by Board of Education. We are entitled to issue Ministry of Education certificates. We are entitled to independent accredit in ICI.

Lilianna Kupaj is the owner and managing director Lilianna Kupaj School of Coaching, CEO



and Founder of Foundation named “Conscious development of education”. She is a precursor of implementation educoaching in Poland. In 2015 obtained the title of "Social Competences Creator". In 2012 nominated for Women's Entrepreneurship ambassador. The author of 4 coaching books, working with Wolters Kluwer. University lecturer and Management Consultant. Accredited Coach Master Trainer ICI. Author and trainer of the annual program "The School of Coaching". Her passion is to support customers in their journey of discovering their own potential and talents. She is inspired by the efficiency of the use of coaching techniques in education.

The most important values in her life are love and faith in other people. She often stays in the forest to connect with nature. She is married to Chris and Maciek and Justynka mother. She considered herself as happy and fulfilled woman.

Program Description

The book includes 77 educational lesson plans. It can be used to conduct lessons in courses: Education for life in the family or Entrepreneurship.

In first class student will learn coaching competences that will develop the core social skills. Here is proposed curriculum:

1. Setting goals
2. Planning and achieving results
3. Building relationship (building trust, respect and safety)
4. Coaching communication
5. Careful listening
6. Asking questions



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In second class student will develop interpersonal skills, which include: self-esteem, self-confidence and emotional intelligence competences.

These skills will directly affect the sense of agency, which will build the student's entrepreneurial competences. Here is proposed curriculum:

1. Unconditional self-esteem
2. Confidence
3. Faith in another man
4. Motywacja
5. Emotionally intelligent student
6. Assertiveness vs. submission and aggression
7. Resolution needs and values conflicts

In third class students will develop entrepreneurial competence and sense of initiative. It concerns making the student conscious work and conscious life. Here is proposed curriculum:

1. Self - presentation
2. My dreams
3. My talents
4. Passion
5. Relationships
6. Work and money

Each scenario uses active methods of work. The scenarios are placed in the context of functioning in adulthood.

The International Association of Coaching Institutes (ICI)

The ICI was founded in 2001 for supporting excellent ethics and quality standards in Coaching. It has a Board of Directors, Presidents in Countries with many members, Ambassadors, Commissions, highly qualified and seal entitled "Coach Master Trainer, ICI", cooperation with accredited Universities, IN&ICI World Congresses and qualified professional members in more than 57 countries worldwide.

The Vision

The ICI stands for using Coaching:

1. for contributing to a peaceful world where everybody wants to belong to
2. for excellent communication inside people in the sense of inner peace of mind, self actualisation and living one's potential
3. for excellent communication between people for mutual understanding and highest results in reaching goals that are good for everybody on planet earth

The Mission

The ICI stands:

1. for offering an association where members can learn from each other (best practice)
2. for bridging effective practical application of Coaching with academic education, theory and research
3. for providing people who search for a Coaching Training or professional Coach with relevant info
4. for excellent ethics and quality standards in Coaching
5. for organizing exciting NLP & Coaching World Congresses for excellent communication and personal growth: www.IN-ICI.net/congress.php