

Erasmus + for adult education



Erasmus+ mobility programme within the "Improving Adult Education Capabilities" project

2020-1-RO01-KA104-079695

On 25-31 October 2021, a group of four trainers from Constanta participated in the course "Peer Coaching as a Sustainable Source of Professional Development", organized by TEAM4Excellence Association and facilitated by Primera Courses from Ljubljana, Slovenia. The training course was attended by a total of 9 trainers selected by 5 European organisations involved in formal and non-formal education.

During the seven days there were workshops, coaching sessions, teamwork exercises, interactive games and debates on different aspects of the training process. Participants learned how to prepare and conduct [a coaching session in the context of peer coaching](#). They understood the framework and models of coaching, developing skills in observation, giving feedback, questioning, active listening, establishing and maintaining rapport, which are essential to design a coaching session.



"The experience gained during this mobility gives us hope that we can contribute to the adult education process and add value to the activities we offer to learners:

- *we became familiar with a variety of coaching tools such as drawings, coaching wheel and questionnaires;*
- *we can integrate coaching and practical activities into teaching to develop the skills of learners from disadvantaged groups;*

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- *we know how to establish mentoring relationships between participants and trainer;*
- *we have prepared and delivered presentations and obtained public speaking tips that we can pass on to adult learners;*
- *last but not least, we have developed our skills in motivating learners to start and continue their studies and have learned to include effective motivational elements."*

The project runs for one year and aims [to improve the key competences of adult education professionals](#) as they play an important role in lifelong learning.



In the next phase of the project, participants will use the competences developed to help [adult learners](#) develop knowledge, skills and attitudes that will later make a vital contribution to well-being and social cohesion in Europe.

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