

Sept2014 Newsletter no. 2

“Coaching is a method which aims to achieve self-actualization by facilitating learning and developmental processes to promote the resource base of another person” (Moen and Allgood, 2009).

This project will be beneficial for all organisations involved in the consortium as well as for their networks and stakeholders and end users to which the project outputs will be disseminated and easily accessible. Through this project we wish to address the priority of Grundtvig Multilateral projects “Quality assurance of adult learning, including the professional development of staff”. It also corresponds to the European values of empowerment of the citizens. As adult education aims at empowering learners, coaching skills are ideal way of supporting them in becoming more self-directed, motivated and empowered individuals.

Target Groups:

The long term target groups are adult education professionals (direct beneficiaries) and learners (indirect beneficiaries) in European countries as well as policy makers that will help to sustain the results of the project. The target groups will benefit from well designed and thoroughly tested curricula and strategies that help to develop basic coaching skills essential for assisting learners in using more of their potential.

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Welcome to the second Coach4U newsletter

The concept of coaching is not obvious to the larger part of the society, it is often confused with other professions, such as consultants, trainers, advisors etc. In terms of application of coaching in adult education context no official data or statistics are available.

The research phase in The Coach4U project have been carried out, starting with interviews with professionals in Adult education, participants and focus groups in each of the partner countries.



Focus group in Spain

The result from this work is gathered in the national reports made in each country.

Some thoughts from educators and participants about what is desired characteristic for a coach:

- Integrity
- Good listening abilities
- Motivation
- Supportive approach
- Availability, this is regarded as very important
- Knowledge about the needs of the participants, in general
- Reliable
- Knowledge about the labour market
- Knowledge about educational/ learning routes to specific occupations

As a result the job satisfaction of the educators will raise as so their work-engagement. Coaching skills can be used not only to assist learners but also for self-coaching and peer-coaching (educators can use coaching to support each other's

creativity, goal setting and problem solving). Coaching can be done in both formal setting (appointment for a coaching conversation) as well as in informal way on daily basis through short conversations with elements of coaching.

Dissemination activities is ongoing, and besides the newsletter, flyers in partner languages is on its way



Coach4U-flyer

And the projects web page www.coach4u-project.eu is up and running.

The second partner meeting was held in Lodz, Poland on the 12th and 13th of May 2014.



Partner meeting in Lodz

The different reports based on the work with focus-groups and interviews were presented, dissemination strategies were updated. Further steps were discussed and planned for.

The next partner-meeting will take place in Madrid on the 7th and 8th of October 2014.