

Coaching for teaching

Pre-teaching:

Address – być skierowanym do ...	To cope with – uporać się z ...
Experienced – doświadczny	Overworking – przepracowanie
Approach to teaching – podejście do uczenia	To respond to demands – odpowiadać na potrzeby
To disconnect – rozłączyć się	Hurriedness – pośpiech
To acquire – wymagać	Time wasting – marnowanie czasu
Self-awareness – samoświadomość	Share experience – dzielić się doświadczeniem
To prevent – przeciwdziałać, zapobiegać	To emerge – pojawić się, wypłynąć
Boundries - granice	

Read the description of the course and answer the questions:

The course is designed to offer an incomparable occasion to reflect about yourself as a Teacher. It addresses both to young teachers wanting to build a long and satisfied career and to experienced teachers willing to refresh their approach to teaching.

Teaching is somehow a mission, and being a teacher is a wonderful job that doesn't often finish when you leave the school building every day, so it can be difficult to disconnect. Teachers involved in the program will acquire a certain level of self-awareness about their role, their approach to teaching and their being part of a bigger team, in order to prevent stress and promote a healthy work-life balance, satisfaction and effectiveness.

By the end of the course, teachers will learn how to set healthy boundaries to cope with overworking, how to regulate emotions, how to use assertiveness to respond properly to colleagues, students and families' demands, and how to maximize their strengths in order to minimize hurriedness and time wasting. They will participate in group dynamic exercises and share their experiences in an international environment, experiencing effective communication techniques, mindfulness and creative management tools.

The program of the course will follow a general structure but will actually be influenced by the topics, needs and situations that will emerge in the group, that may be different throughout different course editions.

1. Who does the course address?
2. What will teachers involved in the program gain?
3. What do teacher learn at the end of the course?
4. Can the course change in the meantime?