

The title of the course	Coaching and mentoring
Faculty	Faculty of Management and Transport
The level of studies	Undergraduate (BA) Postgraduate (MA)
Semester	winter or summer
The form of classes and number of hours	15 h – preparing for the classes based on the newest literature review supported by the teacher 10 h – workshop with the teacher 15 h h – student`s on-going project 2 h – verification of project with the teacher 5 h – improving on-going project 3 h – final verification of the project, individual conversation with student
Classes conducted for Polish students. Erasmus students can join them	-
Language of instruction	English
The number of ECTS	2 ECTS
Teacher	Agnieszka Zielińska, Ph.D.
The aims of the course (maximum 500 characters)	The aim of the course is to provide the students with fundamental information concerning coaching and mentoring. Students get to know when coaching and mentoring is using, what is possible to achieve. Course is dedicated for students who aspire to become more awareness of their streights, what to know tool for personal development. Lessons based on experience form entrepreneurs and conduct as practical exercises and workshops
The content of the course: main topics and key ideas	Main topics as follows: <ul style="list-style-type: none"> • Differences between coaching and mentoring • Personal development and personal efficient • Coaching and mentoring during studies • Coaching and mentoring after recruitment process • Coaching and mentoring in eterprises • Management Goals & Objectives • Tools for achiving goals
Didactics methods	Workshop in the group, case studies, on-going project, conversation
Course requirements	Attendance, presentation of the report
Literature (basic and supplementary)	Basic literature:

	<p>1. Developing Mentoring and Coaching Relationships in Early Care and Education: A Reflective Approach (Practical Resources in ECE) 1st Edition, Kindle Edition ISBN-13: 978-0132658232</p> <p>2. Coaching and Mentoring First-Year and Student Teachers 2nd Edition, Kindle Edition by Vicki Denmark (Author), India J. Podsen (Author) ISBN-13: 978-1138135055</p> <p>Supplementary:</p> <p>1. The Leader's Guide to Coaching & Mentoring: How to Use Soft Skills to Get Hard Results Kindle Edition by Fiona Dent, Mike Brent,</p>
<p>The effects of the education</p> <ul style="list-style-type: none"> - knowledge - skills - social competences 	<p>The student can define differences between coaching and mentoring.</p> <p>Student knows difference between coaching and mentoring and he has ability to use those methods in basic level.</p> <p>Student can define benefits from using this methods during studies on the labor market and in companies.</p>