



idevelop

**WHAT I WANT FOR
MY FUTURE**





DESCRIPTION

This course is full of techniques, tools and right questions for students to make right decision about their future, moreover, these tools are applicable for any decision that you, as a teacher, are facing.

Are you, a teacher, facing a challenging situation or it is hard to make decisions? This course provides different techniques and tools to help you find the answers you need, get decisions/solutions easier and help with overthinking.

Would you like to help your students with their passion? Help them find out what they really want? To choose the school, profession, direction of the life? Do you think your students sometimes consider things like: "What school I should choose?", "What direction to go?", "What I want to do?" or later saying "I should do it different", "I should have made different choices". There are so many questions and overthinking when we are doing important decision.

This course helps the teacher to support students in this area, give right questions or advice to help the students decide.



METHODOLOGY

The methodology of the course focuses on group experience and needs.

The training will follow mainly practical approaches; visualisations, group activities and coaching tools, methods as part of the course. The participants will learn how to implement these techniques in the various phases of their daily routines.





COMPETENCES

- Make decision more easily, develop decision making in students
- to support students with student passion and life direction
- Use coaching skills and question to support students and themselves with difficult decisions/situation
- Effectively support the process of student's development
- Strengthening communication skills
- Being able to work on your own habits, thinking and challenges
- Quickly and effectively forming questions inspiring to take solution/decision/action





RESULTS

By completing this course, participants will be able to:

- Use a set of questions, tools, methods to help participants find their direction/solutions/decision and re-use these techniques to help students find their solutions
- Help students with their passions/direction of the life
- Find what participant/student really want
- Use coaching skills and tools (giving student advices often lead to rebellious behaviour and push back, coaching leads to solutions)
- Solve overthinking and making decisions better
- Learn the ways to overcome fear, obstacles and procrastination
- Motivate students on their paths and at the same time develop their sense of responsibility
- Working on their own habits, will make teachers realize how they can help students enhance their strengths





DAY BY DAY

WELCOME SESSION

By course mentor
Introducing the Tutor
Handing in of the course folders and useful information
Introducing the course objectives.

DAY 1: INTRODUCTION TO MY MISSION

Icebreaker. When anything is possible

Getting to know each other. Presentation activity where participants will know each other and group exchange: sharing experiences related to the topic of the workshop and expectations towards it

COFFEE BREAK

First steps. Group dynamic

Introduction, my mission, my dreams

BREAK

Group exercise

Group reflection. Day conclusions

DAY 2: MY MISSION

Many choices and a lot of possibilities, how to choose, What are the right questions to answer for your students

COFFEE BREAK

Dream job and how to help them on their way

Visualization

BREAK

Obstacles, fear and how to overcome them

Group reflections. Day conclusions

DAY 3: DREAMS AND GOALS

Dreams and goals: help your student how to recognize them

Group exercise, questions

COFFEE BREAK

Visualization

BREAK

My goals vs What my parents want

Group reflection. Day conclusions

DAY 4: AWAKE CREATIVITY

Past, Present Mandala

How the past and present influence in students 'reactions

COFFEE BREAK

Future mandala

Recognize what you really want. Positive set up. Why positive set up is not enough and why only affirmation do not work, what it needed

BREAK

Visualization

Group reflection. Day conclusions

DAY 5: FEEL WHAT YOU WANT

Strategies to strengthen internal self-confidence

Visualization

COFFEE BREAK

Overthinking vs self-confidence and fear

BREAK

Just be

Group reflection. Day conclusions

ROUND UP

PERSON IN CHARGE: COURSE MENTOR

iDevelop Quality Assessment Questionnaire.

Handing in Mobility Agreements.

Handing in Europass Mobility Certificates.

Handing in Training Certificates.



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