



WELCOME TO

Rock Solid Soft Skills & Coaching



Dear participants and future friends, here you can find practical information about the training course **Rock Solid Soft Skills & Coaching**, which will take place in **Krakow, Poland**.

Duration of the training course: 7 days

Arrival: 20, August 2025

Departure: 26, August 2025

The number of participants: 16

Each partner will be represented by **2 delegates**.

Age of participants: 18+

In this folder you will find:

Training goals and agenda, accomodation, dinning and more. Keep reading! :)



ABOUT TRAINING

We are excited to invite you to an upcoming innovative Erasmus+ training course: **Rock Solid Soft Skills & Coaching**. Training focusing on the benefits and techniques of participatory management. In many organizations, frequent changes in leadership and a preference for authoritative management styles can lead to decreased engagement among team members. Our goal is to promote a participatory and **coaching management style** that fosters dialogue within the team, enhances engagement, and uncovers new possibilities that might otherwise remain hidden.

Participants **dive into real-life scenarios**, embracing the concrete experience phase, where they tackle challenges head-on, fostering teamwork and communication. Reflective observation follows, as participants analyze their experiences, acknowledging strengths and areas for growth.

The course culminates in active experimentation, where participants **apply newfound knowledge in simulated scenarios and role-playing exercises**. This hands-on approach reinforces learning, empowering individuals to adapt and innovate in diverse contexts.

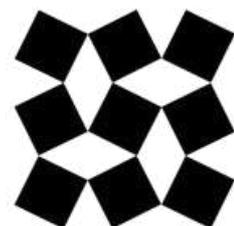
This training equips participants with the tools and confidence to **excel as leaders and collaborators** in today's dynamic world. It provides **coaching tools** and teaches how to conduct coaching sessions independently, enabling participants to **support their colleagues through coaching effectively**. Join us to learn how to lead with a participatory mindset and **transform your leadership style to better support and engage your team**.



Funded by
the European Union



POLITES



RSSS·POLITES



Training goals

Goals:

1. Developing coaching and participatory management skills.
2. Enhancing communication and feedback abilities.
3. Fostering team engagement and collaboration.
4. Improving the ability to conduct independent coaching sessions.
5. Strengthening problem-solving and conflict resolution skills.

Benefits:

1. Equipping leaders with coaching tools to better support their teams.
2. Enhancing overall team productivity and innovation.
3. Increasing employee engagement and satisfaction.
4. Promoting a supportive and inclusive work environment.
5. Empowering leaders to uncover and develop hidden potential within their teams.



Training method

The **David Kolb learning cycle**, developed by educational theorist David A. Kolb, outlines a four-stage process of experiential learning. In the first stage, learners engage in a hands-on experience.



Training agenda

	20/08/ 2025	21/08/ 2025	22/08/ 2025	23/08/ 2025	24/08/ 2025	25/08/ 2025	26/08/ 2025
Session 1 10:00 - 11:30	Arrivals	Intro of the training and its methodology Intro of the programme	How to lead effective teams?	GROW model	Disney model	Boosting creativity	Goodbye party/ departures
Break 11:30 - 11:45							
Session 2 11:45 - 13.30	Arrivals	Active learning, team collaboration	What is coaching about?	GROW model	Disney model	Effective teams in action	Goodbye party/ departures
Lunch 13:30 - 15:00							
Session 3 15:00 - 16:30	Meeting in training room at 16:00 Getting to know each other	What it means to be a good leader?	Powerful questions	Coaching wheel	Action learning	Workshops for a future cooperation - Open Space methology	Departures
Break 16:30 - 16:45							
Session 4 16:45 - 18:00	Getting to know each other	Leadership skills - exercisers	Intercultural evening	Coaching wheel	Action learning	Workshops for a future cooperation - Open Space methology	Departures
Dinner 18:00 - 19:00	Catering	Catering	Intercultural evening	Catering	Catering	Catering	

Accommodation

We sleep here:

Atlantis Hostel

Dietla 58, Kraków

<https://www.atlantishostel.pl/en>

We can **get our rooms after 14:00**. The hostel is close to the Old Town centre and the Wawel Castle.

Remember you will be sharing a room with more people :)

If you arrive earlier or depart later than these times, you can **leave your luggage** at the hotel, but not in the room. The hotel reception works 24 hours.

Example distances from hostel

Main Train Station – 1500m

Main Market Square – 1100m

Wawel Castle – 600m

New Square (Kazimierz) – 400m

Szeroka Street (Kazimierz) – 350m

Balice Airport – 12km

How to get there?

The best option is to take 52 tram from Teatr Słowackiego stop to Stradom stop.

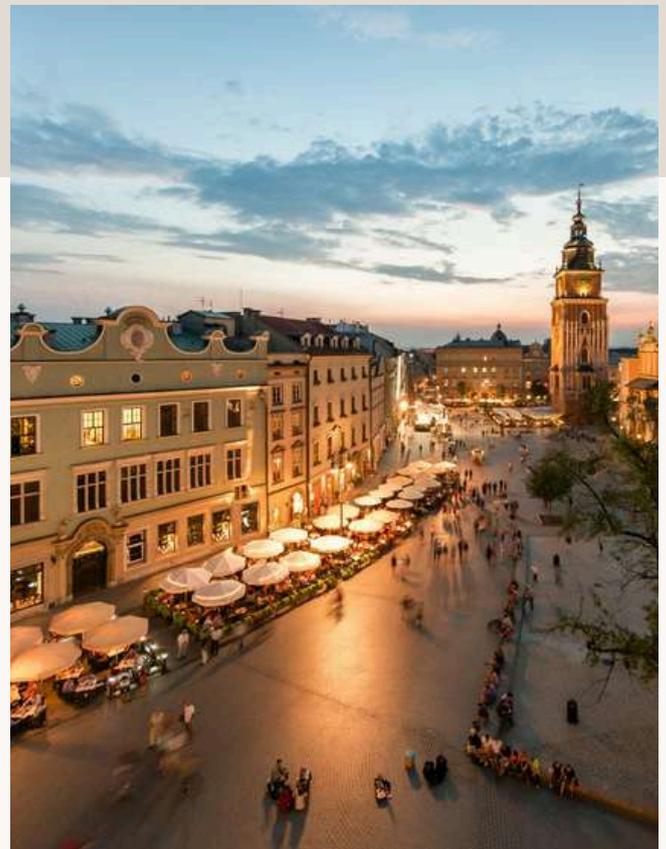


Training room

The training room is here:

Creative Brand Stories

Rynek Podgórski 12/7, 30-518 Kraków



Practical information

The currency in Poland is **Polish Zloty (PLN)**. You can exchange your currency to polish in Airport or Railway station.

All costs regarding the training will be covered (hotel and food). You will need to cover your personal expenses.

If you are coming earlier or leaving later, you will have to pay for your food and accommodation.



Insurance

Travel and accident insurance is the **responsibility of the participants.**

You are advised to buy travel and accident insurance during your travel and your whole stay in Poland.

Please do not forget to arrange your travel insurance, including the responsibility insurance (in case of causing third-party damage). Health insurance is not provided by the organizers; the citizens of the European Union are entitled to the **European Health Insurance Card**. All the participants are strongly advised to bring the European Health Insurance Card with them.

Lunch & dinner

Breakfast will be served in hostel or training room.

For lunch you will be able to choose from a vegan or meat option in local bistro. For dinners we will have catering.

If you have dietary restrictions, it is up to you to choose what is suitable for you to eat.

Dinner will be offered on the arrival day.

IMPORTANT NOTE: The dinner time is 19:00- 21:30. If you arrive later, dinner will not be served to you and it might be difficult to find something nearby. Please take this into consideration. You may want to buy a snack at the airport or bring something with you.





Airport

You are strongly advised to arrive at KRAKOW AIRPORT.

If you want to spend more time in Poland you should keep in mind that the Polish National Agency for Erasmus+ accepts the participants to stay for **2 extra days**, either before OR after the training course.

Krakow airport is about 45 minutes from the hotel. The best option is to take **train from Airport to the Main Railway Station**.

Make sure you are checking the timetable for the correct day as the schedule might differ.

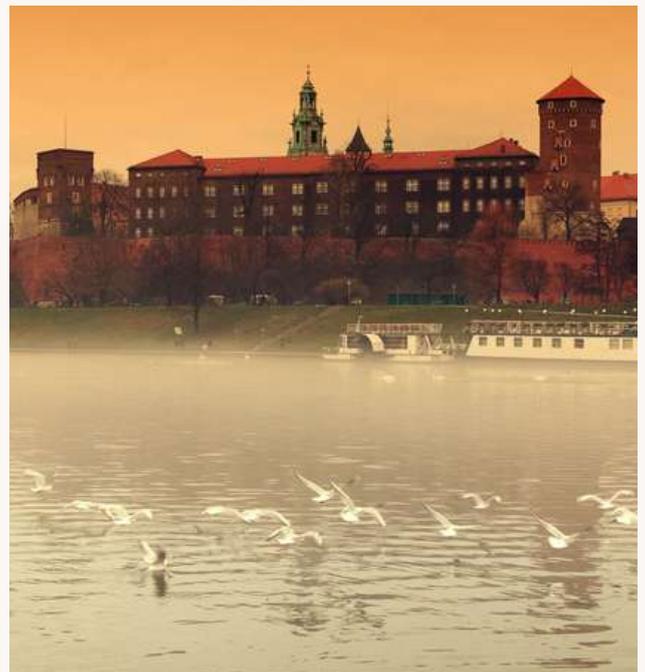
The taxi cost is generally not covered, but we will cover the cost if you arrive/depart in the middle of the night.

What to bring?

Information material about your country, your organisation, and your culture. Video or a presentation of your organisation and your country. It would be great if you could bring posters, brochures, promotional material.

Personal reusable water bottle, cup or thermos so as to create as little plastic cups garbage as possible. Moreover, drinks are not allowed in the seminar room unless in a thermos or a bottle. Let's be environmentally friendly :)

Medication. Don't forget to take with you any medication you might need during your stay.

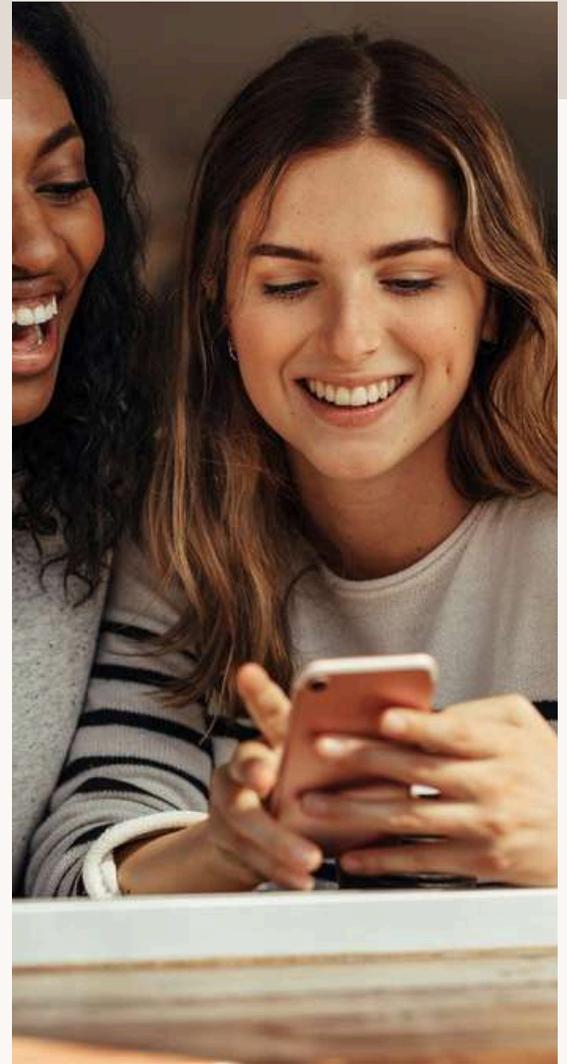


Visibility

During the activity, we will take photos and videos to be published on the partners' media, such as websites, social media or other visibility and promotional material.

If you do not wish to be part of these publications, you have to contact the organisers. As you understand, you are going to have an important role in the publicity of the project in the media and social media.

Let others know more about the project by tagging it!



CONTACTS

For further information, don't hesitate to ask!



Laura Vanagaitė

Project Coordinator in Lithuania

Email to: **laura@tavo-europa.eu**

ANY
QUESTIONS?



JOIN NOW WITH TAVO EUROPA!

Educator Pass 2025. You are welcome to join our new educational programme for 2025!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.



For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:



<https://www.facebook.com/groups/186132221744993>