

BROCHURE-GUIDE FOR TEACHERS & STUDENTS

based on COACHING TRAINING COURSE KIZANLIKLI ACADEMY

- 1. when values are in danger.*
- 2. when individual values are confused with the other values.*

STOP DROPOUT

- KNOW WHAT & HOW
- LISTEN TO
- PAY ATTENTION
- BE THERE
- EMPATHIZE
- ASK & ACT
- PLAY
- ENJOY
- DISCOVER YOURSELF & co.

CULTURAL FOCUS

- ❖ take BEST VIEWS
- ❖ hear INTERESTING STORIES
- ❖ see GREAT RESOURCES
- ❖ tie PAST & PRESENT
- ❖ try CONSCIOUSNESS
- ❖ feel MINDFULNESS
- ❖ find CORRESPONDENCES
- ❖ look for PECULIARITIES
- ❖ keep REMINDERS

COACHING BENEFITS



- ▶ Expanding perspective
- ▶ Unlocking the potential
- ▶ Performance increase
- ▶ Increase in Self confidence
- ▶ Clarifying life goals and objectives
- ▶ Motivate to act as a positive leader in their daily life
- ▶ Determining the main authority and areas of interest
- ▶ Establishing work-life balances
- ▶ Developing leadership and management skills
- ▶ Creative solutions
- ▶ Learning increase
- ▶ Multiplication of options
- ▶ Supporting the strengths of high school students
- ▶ To assist in a conscious career choice
- ▶ Increasing performance, efficiency and productivity
- ▶ Evaluation of career goals
- ▶ Supporting stress and crisis management

KNOW WHAT & HOW



WHAT IS IMPORTANT TO BE SURE OF?

- ▶ School helps to develop a complex personality.
- ▶ School is a safe place, with kind, supporting people.
- ▶ School provides important information.
- ▶ School motivates to search, find and use relevant (re)sources.
- ▶ School encourages to think on your own.

HOW TO BE SURE OF ALL THESE ABOVE?

- ❖ Thinking of the way of being before primary and secondary school.
- ❖ Just look around attentively and they will be seen.
- ❖ It is a social-hub, so it is about reality and more.
- ❖ It works as a process, so, once explained, it will get you.
- ❖ It is necessary in order to survive and more: to find your own path.

SIGACIK - VILLAGE IN IZMIR



LISTEN TO

- ▶ Your parents
- ▶ Your teachers
- ▶ Your colleagues
- ▶ Your friends
- ▶ Your mentors
- ▶ Your coaches
- ▶ Reality & Life

... BUT THE MOST IMPORTANT

- ▶ YOUR INNER VOICE (INTUITION, DECISION, VISION) and DREAMS ... not fears, threats, weaknesses, or other negative impulses!

1st level listening: focus on agenda and feeling

2nd level listening: focus on telling

3rd level listening: paying all attention to the gestures, mimics, tone of voice and the potential meanings of the words

SIRINCE - VILLAGE IN IZMIR



PAY ATTENTION



- to your reactions;
- to your needs;
- to your goals;
- to your resources;
- to your power and energy;
- to others attitude;
- to the world;
- to nature;
- to reality;
- to your results in different moments or activities.

BE THERE



- ▶ Where needed!
- ▶ Where wanted!
- ▶ Where called!
- ▶ Where listened!
- ▶ Where loved!
- ▶ Where beauty is seen!
- ▶ Where kindness is felt!
- ▶ Where humanity manifests!
- ▶ Where sincerity doesn't hurt, but builds!
- ▶ Where love is valued!

ST. MARY CHURCH – IN EPHESUS



EMPATHIZE



The Ladder of Influence

How we act depends on how we understand the situation we are in. Our understandings often seem obvious to us, as if they were given by the situation itself. But people can come to very different understandings, depending on what aspects of the situation they notice and how they interpret what's going on.

Reflexive Loop: Our assumptions, values, and beliefs influence how we select data, interpret what is happening, and decide what to do. Our interpretations and decisions then feedback to reinforce (usually) our assumptions, values, and beliefs. We act on the basis of our interpretations, and our actions affect what data is available to us. So our ways of understanding and acting in the world create a self-reinforcing system, insulating us from alternative ways of understanding.

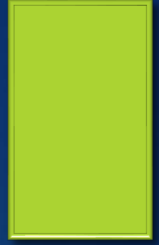
- ▶ to understand;
- ▶ to solve;
- ▶ to help;
- ▶ to be;
- ▶ to live;
- ▶ to feel;
- ▶ to join;
- ▶ to share;
- ▶ to ease;
- ▶ to see with the heart!

HIERAPOLIS aka. PAMUKKALE - APHRODITE'S TEMPLE

HIERAPOLIS sau PAMUKKALE – TEMPLUL AFRODITEI



ASK & ACT



1. Opening questions
2. Not directing questions
3. Not judging questions
4. Questions let the thoughts be in action
5. «Any other?» as a question
6. «What do you think?» as a question
7. The power of silence (waiting with silence)

- ▶ properly;
- ▶ clearly;
- ▶ flexibly;
- ▶ responsively;
- ▶ consciously;
- ▶ friendly;
- ▶ expressively;
- ▶ sincerely;
- ▶ fully;
- ▶ truly!

BAZAAR – metaphore of life



PLAY

- ▶ an instrument;
- ▶ a play 😊;
- ▶ a role – important in your life, significant in the others';
- ▶ a game;
- ▶ a joke and smile or make sad people smile;
- ▶ with the children;
- ▶ with your ideas;
- ▶ with the things you have;
- ▶ with your friends;
- ▶ with your cards right!

"The magic of the change is to focus on new instead of fighting with the past." (Socrates)

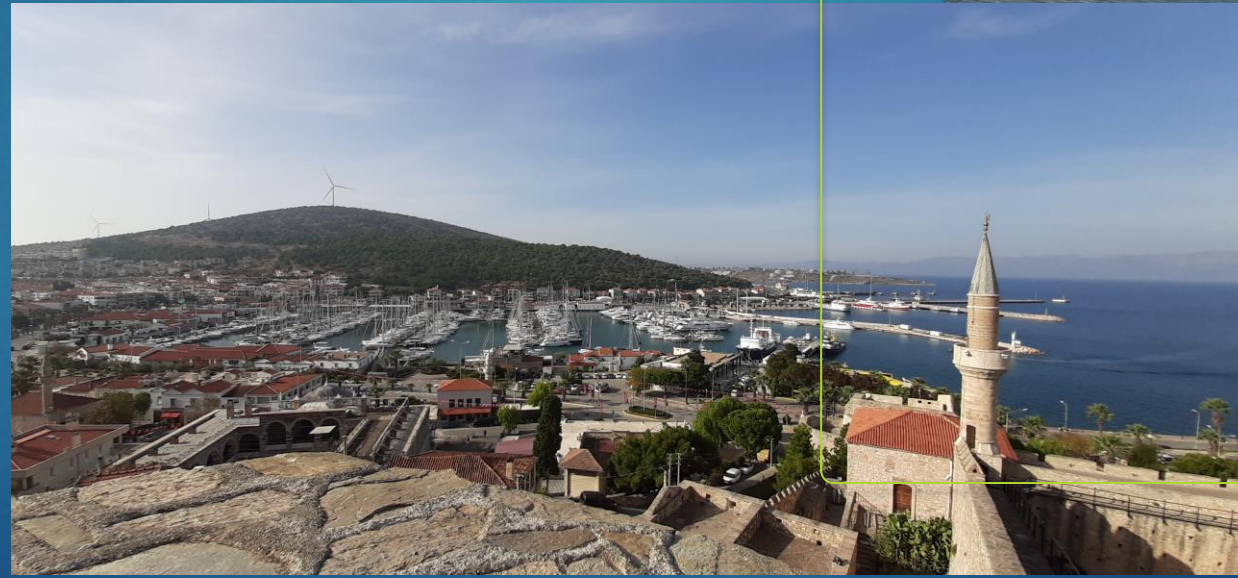
CESME - TOWN IN IZMIR



ENJOY

- ▶ the way you live, learn, love and listen!
- ▶ the presence of persons you choose to have around!
- ▶ the beauty of nature in every season, day and moment!
- ▶ the rhythm of music, the sounds of life and nature especially!
- ▶ the things that energizes you!
- ▶ the silence that helps to get balanced!
- ▶ the benefits of communication!
- ▶ the greetings of family members, acquaintances and unknowns!
- ▶ the long walkings!
- ▶ the breaks, but short ones!

CESME - CASTLE & HARBOUR CASTELUL & PORTUL



COACHING PURPOSES

- ▶ Continuous communication with an educator at school
- ▶ Evaluating the development periodically with the educator and knowing that they are being followed
- ▶ Gaining skills to adapt to life
- ▶ Be more effective in academic and social fields
- ▶ Develop personal planning and evaluation skills
- ▶ Determination of development needs
- ▶ Developing attention, learning to arrange the working habits in a way that best suits their personal characteristics and needs
- ▶ Learning test techniques
- ▶ Increasing motivation
- ▶ Taking responsibility for its success
- ▶ Improving academic achievement
- ▶ Increase communication and coordination between school and home
- ▶ Getting rid of preparation and recognizing their responsibilities
- ▶ Noticing themselves
- ▶ To see the strong and weak points
- ▶ Learn to deal with her problems

DISCOVER YOURSELF & CO.



- ▶ See what makes you happy and satisfied!
- ▶ Try every opportunity that comes up into your way!
- ▶ Choose to be content and conscious!
- ▶ Don't be afraid to lose, to make mistakes, to verify!
- ▶ Save time for yourself!
- ▶ Accept, but also adapt your rhythm!
- ▶ Touch your limits!
- ▶ Keep trying and learning!
- ▶ Be curious and sincere!
- ▶ Talk to yourself, forgive you and encourage yourself!

CLUE – GREEING TO YOURSELF QUESTIONS

- ▶ • What are your likes and dislikes about your job, workplace (school and studies)?
- ▶ • What are your interests, hobbies?
- ▶ • What kind of person are you outside of work (out of school)?
- ▶ • What pleases you most?
- ▶ • What are your likes/dislikes about yourself?
- ▶ • What would you most like to achieve in life?
- ▶ • What are your future plans?
- ▶ • Who guides you in your life?
- ▶ • Whose opinions and advice do you value?
- ▶ • Do you have any advice that you never forget and that you value?
- ▶ • What scares you the most?
- ▶ • What do you dream of the most?
- ▶ • What's your internal fuel?

IZMIR - ELEVATOR & SOUNDS



KA 1 – NEVER SAY NO TO SCHOOL

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BROCHURE-GUIDE

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*"Restructuring the life begins
with discovering yourself."
(Socrates)*