

## Course program

<b>Course title:</b> Coaching	<b>Neptun code:</b> GTVSM4051PA
	<b>Course type:</b> Elective
<b>Name and position of course coordinator:</b> István Kunos, PhD	
<b>Name(s) and position(s) of teaching assistant(s):</b> -	
<b>Suggested semester:</b> Spring	<b>Prerequisite course(s):</b> -
<b>Weekly lecture+seminar hours:</b> 2+0	<b>Evaluation method:</b> three-scale exam
<b>Credits:</b> 3	<b>Study format:</b> full time and part time
<p><b>Course objectives:</b> Subject is useful practical tool for students to achieve their goals both in professional and private life. At the end they can cope easily with their social challenges as well. Moreover theoretical bases students can obtain practical know-how how to help others be more successful and gain happiness.</p>	
<p><b>Course content and structure:</b>  The subject systematically – starting with theoretical bases, followed by practical implementations – builds performance-oriented coaching life. Subject consist of chapters as follows:</p> <ol style="list-style-type: none"> <li>1. Definition, content and process of coaching.</li> <li>2. Psychological bases of coaching.</li> <li>3. Self-knowledge.</li> <li>4. Active listening, questioning technique.</li> <li>5. Coaching tools, models.</li> <li>6. Coaching in the practice.</li> </ol>	
<p><b>Evaluation method:</b> Exam (in pairs)</p> <p><b>Course assignments:</b> It is essential to be on the first and last lesson, and at least 1/3 present rate on the other lessons</p> <p><b>Course point distribution, examination format:</b> Exam in pairs by role playing, where students can demonstrate their competence</p>	
<p><b>Required reading:</b>  Whitmore, J.: Coaching for Performance, Nicholas Brealey P., 2009</p> <p><b>Suggested reading:</b>  Passmore, J.: Excellence in Coaching, Kogan Page, 2006.  Cox, E. – Bachkirova, T. – Clutterbuck, D.: The Complete Handbook of Coaching, Sage, 2014</p>	