

## Communication Basics for Coaches

You are an artist who would like to share your artistic skills with others, to work as an artistic coach in youth work, (art/music/dance) schools or creative projects? In this workshop, you will learn some basics about coaching, verbal and non-verbal communication as well as group dynamics.

### Phase

Pre-Production

### Subject

Training methods

### Target groups

Artists, Creative and Cultural Professions, Trainers/Coaches

### Sectors

for all sectors, photography, visual and graphic arts, music, webdesign, dance, media, performing arts

### Level of experience

Intermediary

### Prerequisites

None

### Description

This training combines information about communication and group dynamics psychology with several practical exercises.

### Content

- » experiences in working with groups
- » non-verbal communication patterns
- » motivation to work as a coach
- » group dynamics: social affiliation and mechanisms of demarcation
- » conflict management: levels of escalation and possible interventions

### Method

- » Introduction, Agenda
- » Exchange of experiences
- » Behaviour and impact – exercises on awareness of own non-verbal communication patterns (Lunch break)
- » My motivation to work as a coach: single and small group work, presentation to the plenary, discussion

- » Input and practical exercises on group dynamics
- » Input and practical exercises on conflict management
- » Evaluation and closing

### Objectives

- » to gain awareness of own verbal and non-verbal communication patterns
- » to take first steps of modifying own communication patterns to become a more effective coach
- » to reflect own motivation of being a coach
- » to learn basics of communication psychology and group dynamics
- » to become empowered to manage conflict situations in groups

### Results

Participants will be more aware of communication and of their bodylanguage. They will now basics about coaching, about giving and receiving feedback and about group dynamics.

### Resources

- » Video projector
- » Whiteboard or Flipchart
- » Markers, pens and papers
- » large room with stackable chairs

### Evaluations

Online Questionnaire (Google Drive)

### Support material

Handouts on conflicts and motivation that are shared with the participants

### Other related recommended resources

Books on communication psychology by Friedemann Schulz von Thun; Christoph Gordalla/Martin Baumann: Gruppenarbeit – Methoden, Techniken, Anwendungen. Stuttgart (UTB), 2014

### Duration

6 h

### Participants

up to 28

### Course language(s)

Deutsch, Français, Español, English

### Past track experience

since 2011

### Trainer

Andreas Kern

### Organisation

ROOTS & ROUTES Cologne e. V. (RRCGN)

### Contact

Sascha Düx

### Tested

under the project  
Routes to Employment