



## **Practical info about the coaching program**

### **1) (Obtaining) more information**

The coaches we work with all have post-graduate training in coaching. Coaching is available in both Polish and English and is free of charge. To get more precise information about what coaching precisely entails and about the coaches we work with, contact the coordinator of the WISP mentoring and coaching program, Jan Jędrzejczyk – details further down. Jan is a psychologist, certified coach, completing post-graduate psychotherapy studies and is a PhD candidate at our Faculty. He is able to provide you with information about the different forms of support as well as specific information about the coaches we work with.

### **2) Choosing a coach**

You can choose the coach that you find the most appropriate.

We will present you a list of coaches – each of them will be described shortly. You're allowed to have an introductory meeting, during which you'll get to know the coach and decide if you want to start the coaching process with him/her. You can inform him/her about your decision at the end of the meeting or later, by phone. In case you decide you do not want to proceed with that coach, you can schedule a meeting with another one.

### **3) Introductory meeting**

You should consider your expectations and what precisely you wish to achieve with the coach. On the first meeting, you get to know the coach. He/she will tell you about the method, his/her and your role in the process, and also about the scope of your engagement that is needed. You should confirm the choice of the coach on the basis of this meeting; you can also give yourself some time to make a decision. If you confirm the choice of the coach, arrange with him/her a date for the next meeting. If you've decided you won't proceed with this coach, return to point 2.

### **4) The coaching process**

At the first meeting (called "contract meeting") you and your coach discuss the rules of coaching, your goal(s), the number of sessions – and their frequency and duration. Once you have decided to engage in a coaching track, this means that you in principle commit and make an effort to complete it.

Coaching usually lasts 6-10 sessions, 1,5 hour each, you meet with the coach every two weeks; however, the precise number, duration and frequency of sessions depend on each individual case.

Place of coaching depends on the agreement with the coach. In a short description of each coach, there is also mentioned a location where coaching can take place.

Ending a coaching process earlier than planned: It is possible to end the coaching track earlier than planned. This for instance may happen if you achieve your goals before the number of sessions that



you agreed on with your coach. Alternatively, if you are not happy with the coaching experience you may choose to resign. In case you want to end the process earlier than planned, do inform your coach about this decision.

If you have any questions about coaching, please contact the coordinator – Jan Jędrzejczyk.

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