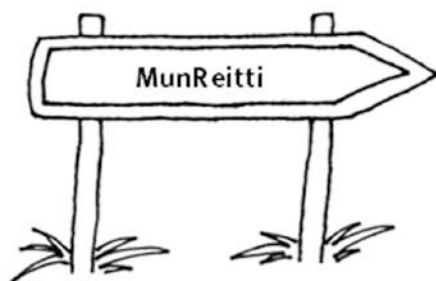


MunReitti

coaching program for students'
participation and working skills

1.3.2009-28.2.2012



Luovi Vocational College

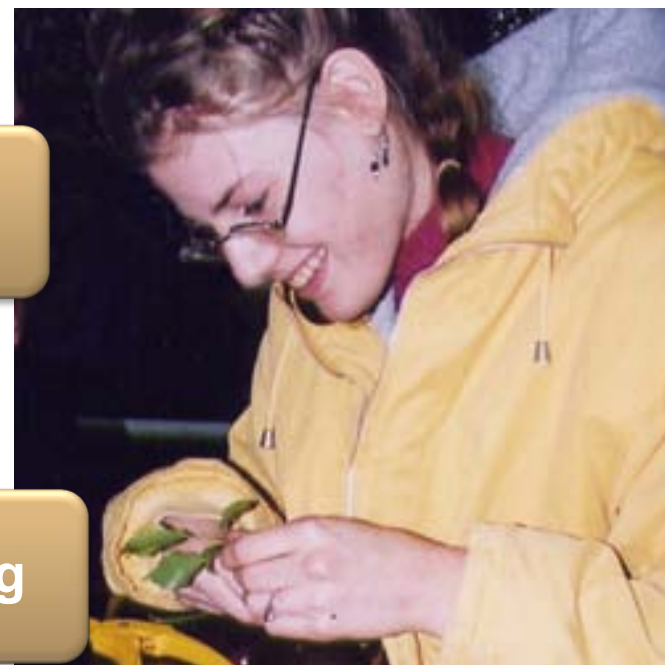
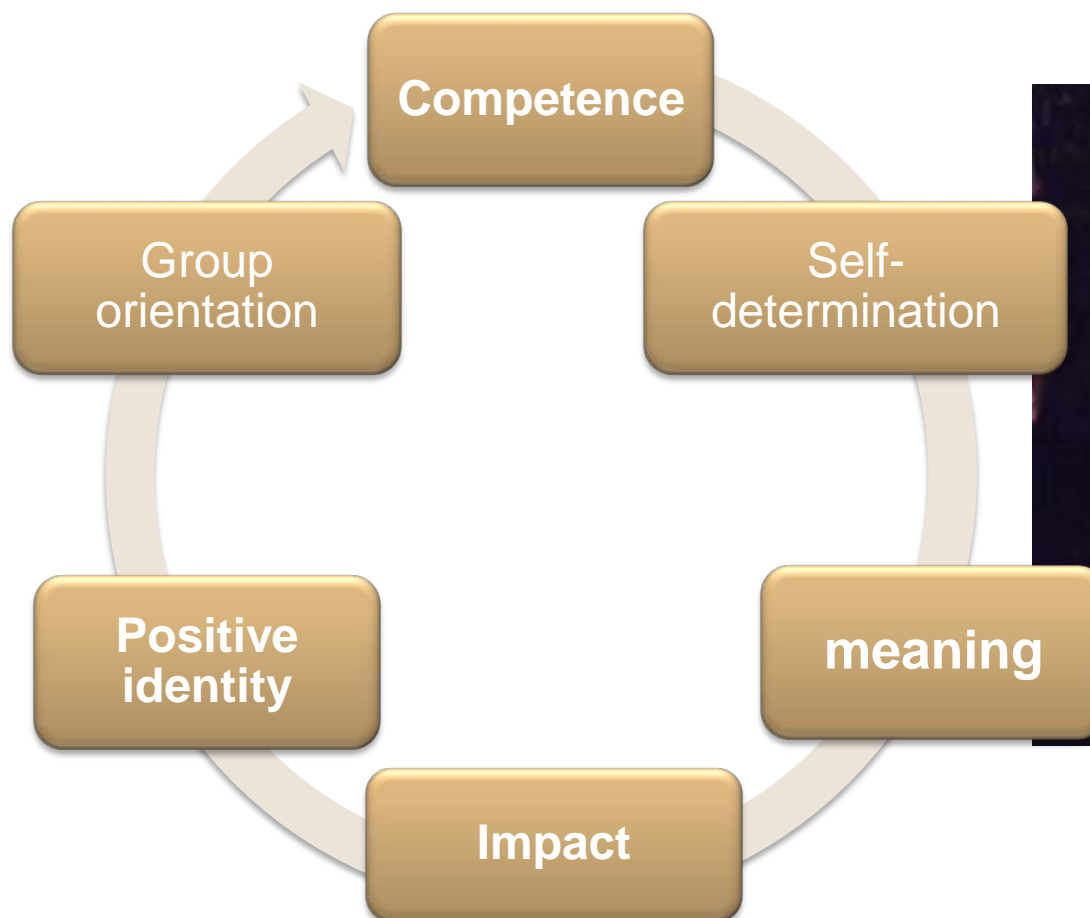
Finnish Institute of Occupational Health
WinNova West Coast Education Ltd



training program includes

- VrijBaan method
 - empowerment, self-assessment and training program
- Training of Everyday life skills and well-being
- Career counseling techniques and job coaching

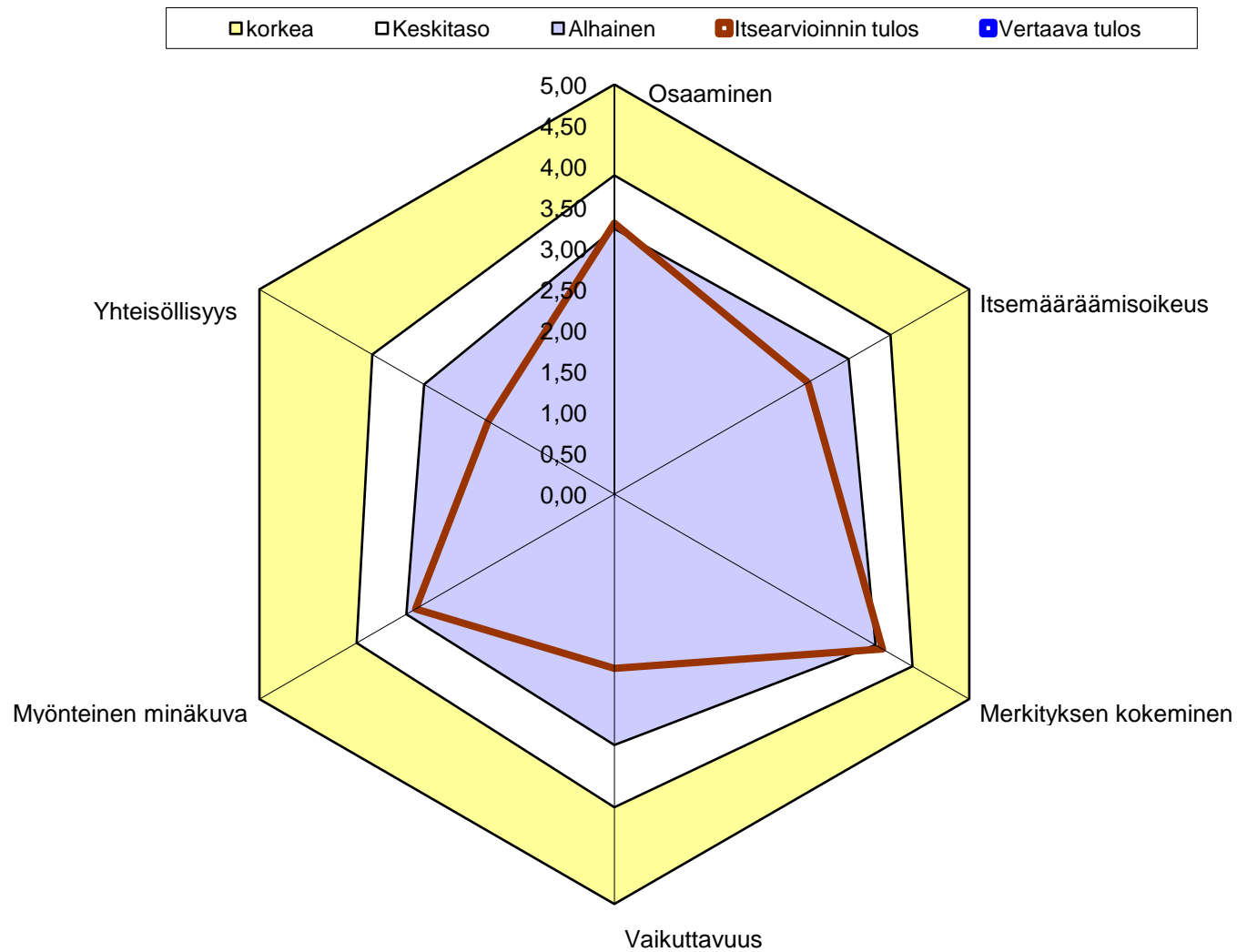
six components of empowerment



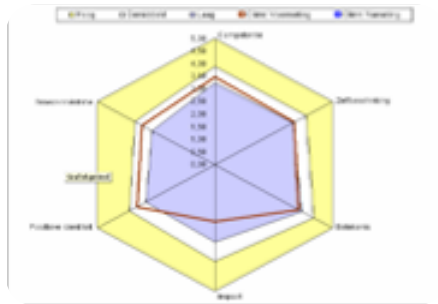
1. Competence; i.e. trust in someone's own abilities
2. Self determination, i.e. the ability of making one's own choices
3. Meaning, i.e. experiencing the meaning in own values
4. Impact, i.e. the feeling that someone's decisions have an impact on or affect someone's life
5. Identity, i.e. a positive attitude towards the self, coping with disability and giving space to other life elements
6. Group orientation, i.e. realizing that one is part of a group and society, and that there is mutual dependency as well as a need for support.

VrijBaan Questionnaire

- The VrijBaan Empowerment Questionnaire is a tool to assess someone's individual empowerment profile. Through this questionnaire clients discover their own way of looking at strong and weak empowerment components.
- The questionnaire includes 60 statements which in one way or another deal with one or more components of empowerment.



MunReitti- coaching method



Self-assessment
of empowerment



reviewed the results
together with the
student
decide on methods and
exercises

- student involvement
- empowering interview
- reflection



-Individual and
group exercises

-Welfare Studies

-job coaching

- Training Based on the empowerment profile
- MunReitti collected some 60 dedicated exercises and training modules. Each module addresses one or more specific empowerment components.
- project was also involved in reforming the curriculum. Luovi ´s curriculum can be found welfare courses, such as stress management, daily life skills, interpersonal skills
- recommend welfare courses for students