

AMFM-2425-506-Personal Development and Coaching		
Name of lecturer(s) & Email Martine GEORGE martine.george@solvay.edu	Level/ Semester, Status, Timing Semester 1 & 2 Compulsory Between 10-10-24 and 30-06-25	ECTS*, CH & SDL** 15 12 33
Description of the course The Personal Development and Coaching programme aims to help participants enhance their self-awareness, communication, influence, and adaptability.		
Course units <ul style="list-style-type: none"> • <u>Unit 1</u>: Enhance self-awareness by exploring personal moods & emotions, strengths, weaknesses, and worldview. • <u>Unit 2</u>: Improve communication skills, including active listening and effective stress management. • <u>Unit 3</u>: Develop influence within a group, focusing on feedback, trust, and presence. • <u>Unit 4</u>: Increase adaptability through cross-functional projects and stepping outside comfort zones. 		
Course Learning Outcomes (CLOs) <ol style="list-style-type: none"> 1. Help participants enhance their self-awareness, communication, influence, and adaptability. 2. Enhance self-awareness by exploring personal moods & emotions, strengths, weaknesses, and worldview. 3. Improve communication skills, including active listening and effective stress management. 4. Develop influence within a group, focusing on feedback, trust, and presence. 5. Increase adaptability through cross-functional projects and stepping outside comfort zones. 		
Prerequisite (if any) /		
Contribution to Programme Learning Objectives (PLOs)*** <ul style="list-style-type: none"> • Learning Objective 1.1: Introduction • Learning Objective 2.1: Reinforcement • Learning Objective 3.1: Reinforcement • Learning Objective 4.1: Introduction • Learning Objective 5.1: Not Covered 		Evaluation scale Pass-Fail
Main Teaching methods used in the course Lecture, Interactive Lecture, Experiential Learning, Role plays & Simulations, Coaching		
Contribution to the Environmental, social and governance (ESG) Course Contribution to ESG: No Contact Hours are dedicated to ESG: 0 Contact Hours containing climate solutions for how organisations can reach net zero: 0 Description of contribution: /		

Notice: The information available in the course outline is subject to change. Please keep yourself informed at all times by regularly checking Canvas.

*ECTS - European Credit Transfer and Accumulation System (1 ECTS = 30 hours of learning)

**CH - Contact Hours in class or online, SDL - Self-Directed Learning including readings, homework, group work, preparation to assessment, etc

***PLO - Programme Learning Objectives are available on the curriculum page

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Assessment methodology / Learners Use of Time and Load

Individual essay

- weight 70%
- workload estimated = 24 hours
- due 01-06-25
- Guidelines: Participants will write a 2000-word essay highlighting key moments of their learning journey, from the admission interview to their plans for the initial steps in their professional life post-AMFM. Write a reflective essay summarizing learning experiences. Highlight key moments from the program. Discuss future and initial professional steps post-AMFM.

Class participation + peer group sessions

- weight 30%
- workload estimated = 16 hours
- due 30-05-25
- Guidelines: participation to the 4 plenary sessions and to the 4 peer group sessions

Readings

Required

The Art of Adaptive Communication, G. Collignon

Recommended

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Other Learning Materials

[Work Smarter not Harder](#) (On Coursera for Campus)

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