

Dear coordinator,

Through this project, our team gained a deeper understanding of how coaching can be applied in the youth work field — not only as a personal development tool, but as a structured approach that supports young people in setting goals, identifying barriers, and activating their own potential. The training provided a valuable framework to distinguish between various coaching practices, explore their ethical dimensions, and understand both their benefits and limitations when working with young audiences.

At the organizational level, HESSA validated and expanded several coaching methodologies that are already integrated into our career-orientation activities. The sessions offered new perspectives on goal setting, active listening, self-reflection, and resilience building, which are now being adapted into our local workshops with young people aged 16-24. These insights allow us to enhance the quality of our mentoring processes, providing more personalized and sustainable support for youths in their professional journey.

The project also strengthened collaboration within our team and between international partners, creating an environment of shared learning and mutual feedback. It helped us align our local initiatives with European standards of youth work, ensuring that our future activities combine coaching techniques with non-formal education methods in an authentic and responsible way.

For HESSA, *Coaching as a Skill for Youth Empowerment* was not only a professional training, but an experience of reflection and transformation. It equipped our youth workers with practical tools and a renewed sense of purpose to empower young people to take ownership of their growth, their careers, and their future.

Thank you,
Hessa Association
Eddy Hilitanu

