

# Wegbeschreibung



## Mehr Details

### Your way to us by bus / train:

- **934 (bus) - Duisburg Falkstraße**  
walk towards the laundromat and then turn left, after about 100m the destination is located to your left (Medien Zentrum)
- **903 U79 – (train) Duisburg Duissern U-Bf**  
walk into the Aakafahrstraße passing the VBG building, then turn left onto the Schreiberstraße and walk to the end (about 400m), then turn left and the destination is on the other side of the street (Medien Zentrum)



**CTE** Coaching Team Ersoy Telefon: 0203 / 317 65 830  
Coaching Training Erfolg 0800 555 79 888

Fax: 0203 / 317 65 836

Im Medienzentrum  
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## Measure

Activation and professional integration measure (MABE) according to § 16k paragraph 1 sentence 3 SGB II in conjunction with § 45 paragraph 4 sentence 3 number 1 SGB III



## Soft Skill Training All-encompassing social coaching Individual support and basically in presence



### Our soft skill training supports you in various aspects:

- Dealing with correspondence
- Coping with mental challenges
- Dealing with excessive demands in everyday life
- job orientation
- house hunting
- Outreach coaching
- Assistance with visits to the authorities

### Of course, we offer you even more:

- Free application photos on site
- Use of the Microsoft Office package during coaching sessions
- A friendly, open and multicultural coaching team

### Our coaching languages:

German • Turkish • Bulgarian • Romanian • Arabic • English • Ukrainian • Albanian • Russian • Kurdish

## We help with difficult life situations

Your personal coach will support you twice a week.

We are here to help and support you in the following areas:

As part of our counselling, CTE offers individual coaching on various topics:

- Strengthening of self-esteem (empowerment)
- Support with correspondence
- Help with finding a flat
- Support with professional reorientation
- Finding solutions for issues such as kindergarten spots, schools, health care, etc.
- Overcoming language barriers in everyday life
- Building networks and social contacts
- Support with family-related challenges
- Help with addictions
- Support during pregnancy
- Support with financial difficulties or difficult phases in life

### In addition, you will receive:

At the end of the program/counselling, each participant receives a certificate or confirmation of participation as well as individual recommendations for your individual situation.



"Our planet is our home,  
our only home.  
Where shall we go  
if we destroy it?"

Dalai-Lama

We share this view as well, and therefore it is our endeavor to minimize harmful CO2 emissions in order to counteract climate change.



## What are you waiting for?

Call us free of charge  
**0800 555 79 888**

Make an appointment  
We will be happy to advise you



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## Soft - Skill - Training All-encompassing Social Coaching 16k

The help and counselling we offer at CTE do not follow rigid rules. Instead, we tailor them to the individual needs of the person concerned. As part of our comprehensive support, we offer various services, including:

- Intensive personal counselling
- Formation a trusting relationship with the person concerned
- Involvement of the person's family and friends
- Setting small goals to improve skills gradually
- Support to increase motivation
- Help with crises and stimulation of learning processes
- Referral to specialized services and organization of support
- Direct support on site, if desired
- Support during work or training

At CTE, we also offer comprehensive support directly on site if the person consents. With our physical presence on site, we strengthen the trust in our institution and show how much we value respect as well as equality are. This also facilitates the involvement of family members or friends. Our on-site guidance includes counselling and support for the person at home or in their social environment.