

## **My experience at the New York University**

Thanks to the PROMOS study scholarship I was able to participate in a highly renowned coaching program at New York University (Advanced Diploma in Coaching Program), which allowed me not only to expand my coaching skills but also to broaden my international mindset, improve my communication skills and establish professional contacts. The past six months have been filled with great experiences, exciting challenges and new friendships. I really recommend a stay abroad to everybody who is open-minded and excited to learn about new cultures and people.

I especially loved the New Yorkers' free spirit and friendliness. In the United States I experienced that everything is possible and people encourage you to live your life as you want to live it, to think big and fulfill your dreams. I also experienced the friendliness and helpfulness of the New Yorkers in a lot of different situations. Our teacher was very organized, friendly and encouraging. She motivated us to work together and cooperate and acknowledged when students did a good job. I also experienced the helpfulness when I lost my purse on the street and immediately received it back or my shopping bag broke and people helped me to collect my fallen goods. I really like this attitude in New York.

I joined the Advanced Diploma in Coaching Program at NYU, which fits perfectly to my psychology studies at FernUni Hagen. Coaching tools and coaching enables me to immediately translate the skills I have gained in my psychology studies into practical experience. Psychological theories directly affect my coaching practice. Learning a communication tool as coaching in English was a challenge, but also a great experience. I immediately recognized how different languages work, especially as specific words carry emotions and meanings that cannot be directly translated. People from across the world joined this course, so we experienced different cultures and mindsets.

The application process to the NYU "Advanced Diploma in Coaching" included a cover letter, resume, online application and a transcript of my already completed master studies. The application process for Promos was very transparent and easy to follow and included a cover letter and resume too. Ms. Mareike Weiß from the department for international affairs at FernUniversität Hagen, was very supportive in all matters and answered all questions comprehensively and quickly.

There are a lot of easy ways to meet new people and make friends in a new city. I recommend joining university events like presentations, workshops, get-togethers and parties. I joined for example the inauguration week at NYU, where I met a lot of people at different workshops and an amazing dinner was sponsored and organized. I also listened to open public speeches and presentations on different topics. NYU organized a run and a get-together before the run, which I joined. All these opportunities offer a lot of different possibilities to meet new friends.

There are also a lot of opportunities to experience a new country, as for example by going to different concerts and events, eating in different restaurants (the variety of different food from all over the world is amazing in New York) and just talking to the people whenever and wherever a possibility opens for that.

In general a semester abroad creates an open mind, as you experience international ways of thinking and working, but also gain insight into the different ways of life of this culture. Additionally your language skills will increase tremendously. When people from across the world get together they can learn from each other, from the cultural differences and broaden their mindsets. Also, you can build friendships for life. It is definitely worth it and expands your horizon.

I wish everybody who decides to go on such an adventure a wonderful journey and experience. You can contact me in case of any questions regarding my experiences: greensencha@icloud.com  
Best, Lisa