

„ Coaching for Youth”

Youth Training

Murzasichle, Poland

29 08 – 04 09 2021

The organizers:

Stowarzyszenie Inicjatyw Europejskich "ACTIVE" (European Initiatives Association "ACTIVE") is a non-profit NGO organisation. It was founded in June 2010 in Kielce. It is composed of young people, mostly students from various parts of central Poland, which is the main area of organisation's activities. At the moment there are about 15 active, registered members and many supporters. The main goals of the association are: organizing european youth exchanges, improving co-operation of young Europeans and their organizations, creating and carrying out various local and regional initiatives, assisting in the process of European integration, working with youth from poor, defavourised regions, co-operating with cultural and scientific institutions in Poland and abroad, promoting: democracy and citizenship development, tolerance, free market economy, cultural heritage, sports, healthy lifestyle and ecology. During regular meetings the members discuss current domestic and foreign issues concerning politics, economy, social matters, youth problems, etc.

The project:

The project focuses on the key coaching skills and basic psychological and pedagogical strategies that we want to train together with other practitioners from all over Europe. The course will be conducted in a way that will enable Youth Workers to gain first-hand knowledge and experience in the area of strategies for building emotional resilience. Here they will gain experience through daily workshops, so that they can feel the significant psychological changes that this work can bring. They are more likely to be passionate about work and the changes they feel and are therefore more eager to include them in their current youth activities. Strategies are easily available and immediately incorporated into each work program that they take with their young people. The project will involve youth workers involved in work for the benefit of unemployed youth.

The project will take place in Murzasichle 29-08-2021 - 04-09-2021 involving young people from 7 countries - Poland, Lithuania, Latvia, Italy, Hungary, Romania and Croatia.

The proposed training course is aimed at people working with youth, mentors, trainers (especially at the initial levels), group leaders, community leaders, representatives of informal youth groups and everyone who is in a daily work position with young people (either volunteering or professional activity).

To ensure a fair selection process and ensure equal opportunities for all, we worked closely with the partner promoters and made them aware of the principles of gender balance and the principle of non-discrimination that should be applied when selecting project participants. We realized that achieving the perfect balance would be difficult due to the significant feminisation of international projects, but we did our best to attract both men and women to the course. We managed to achieve the equivalent gender, so the project takes the same amount of men and women.

The proposed training course is based on the implementation of very practical workshops which the participants will develop key competences in the following areas:

1. Learning and applying key skillful coaching skills

Participants will learn basic, attentive coaching skills, the ability to be fully present, better listening skills, coaching skills, deeper empathic responses, positive and inspiring communication, goal setting and targeted motivation. They will leave competent to develop more and apply these skills in their work with young people.

2. Learn about group work techniques

Participants will develop awareness of their coaching opportunities. Participants will learn the basic principles of working with a coaching group and the difference between group coaching and other methods of working with groups.

3. Visualization techniques

At the end of the course, participants will learn and experience the impact of key visualization tools to relax, store and / or throw away thoughts and use visualizations to break away emotionally from difficult or traumatic events.

4. Group analysis methods

Thanks to this session, participants will develop their skills in diagnosing group needs, generating solutions during assigning tasks and initiating changes. It will also be a good opportunity to develop skills to motivate change.

5. The strength of positive communication

During the training, we will discover a number of strategies that will encourage participants to communicate in a more flexible, future-oriented, positive and inspiring way. Participants will learn key words and statements that help us be more positive and motivated in our activities. They will also learn how to build relationships based on values.

6. Building a sense of self-worth

As part of the course, participants will learn how to help young people create strategic ways to assess themselves to take more positive action. They will investigate the damage of limiting and self-aggressive beliefs, and how these thoughts can stop us from making significant progress in many areas of our lives.

7. Increased motivation and inspiration

At the end of the course, participants will master key motivational strategies that will solve our tendency to delay and stimulate us to set realistic and achievable goals supported by the use of affirmations.

8. Building an effective team

During these classes, participants will look at and wonder how to build an effective team, will share experiences and gain the skills to use different techniques to work with the team.

In addition, by sharing and interacting with each other, participants should also develop the following:

- effective teamwork and cooperation skills
- openness to continuous personal development and learning
- better communication and motivational skills
- key competences in the field of supporting people in a difficult situation- knowledge of the Erasmus + program, etc.

The above mentioned competences are only an indication of the actual learning outcomes that will be developed during the course. As we have noticed over the years of collaborating with non-formal education projects, interactions with other participants help to further improve the learning process, adding even more value to the final results. We are convinced that this will also be the case for the proposed course. In the long-term perspective, we expect that the competences developed during the course will be effectively used by participants, supporting young people at home on their way to employment.

Transport:

Exchange:

The arrival day to Murzasichle must be 29 08 2021(closest airport it is Krakow – Balice, Katowice Pyrzowice around 100 km). We can arrange bus to Murzasichle from Kraków or your city as it is most efficient to get to the hotel.

The departure back will be on 04 09 2021.

If you need any help with tickets or transfers please let us know we can arrange it so before you will buy ticket please contact us to be sure that this is best option.

We will reimburse your travel expenses in the last days of the project, in cash (euro). Please bring with you all original receipts, invoices, e-tickets, proof of payment and boarding passes! We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without having to send it`s to us by post when you return home! Of course, if for your airline is not possible, you still need to send us the boarding passes by post after the project.

It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible.

We can arrange all the travel for you as buses, planes etc. for that please ask your team leader.

The group:

We need 4 participants from each of the country. Age limits for the participants are 18-30 years old. We will be a total of 28.

Rules:

You are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshops won't be allowed. We would really appreciate energetic and active participation.

Smoking is prohibited inside of the buildings, so all smokers will have to leave the building in case they want to smoke a cigarette.

The location:

The venue of our project is Murzasichle, a village in Polish Mountain area, 100km away from Krakow.

Basic information about accommodation place - U Toski <http://utoski.pl/>

- 2/3/4/5 people in one room
- Rooms have their own bathrooms
- The restaurant will serve all meals (breakfast, lunch, dinner) and in some days we will have lunch packs;
- The area is very beautiful and surrounded by nature

What to bring:

- All your travel documents and financial statements/proofs of payment;
- Typical food and drinks from your countries! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing. Try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on!

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!

- Clothes: going to have some swimming session, so prepare your swimsuit!
- Whatever you need for taking shower, washing, etc; Towels are in the hotel.

Our currency is the Polish Zloty (PLN): 1 Euro = 4.55 PLN

If you have any questions for us please contact Jacek Kubicki (jacekkubicki@op.pl), Project Manager.

We are looking forward to see you in Poland!

Regards from Stowarzyszenie Inicjatyw Europejskich ACTIVE!