

Welcome to

ERASMUS+ KA1 Youth Workers Mobility

PRACTITIONER'S TOOLBOX: TRANSFORMATIONAL COACHING FOR YOUTH

Training course

**23 Feb - 1 March 2020
Szczawnica, Poland**



Co-funded by the
Erasmus+ Programme
of the European Union



WHY THIS PROJECT

The current political, economic and social climate in Europe have caused that young people are faced with more issues nowadays than ever before. It doesn't matter any more whether they come from rural or remote areas, grew up in city ghettos and impoverished communes or come from affluent families and from the very start had access to amazing opportunities. Majority of young people are subject to pressures leading to numerous challenges. Lack of goals or clear direction in life, low motivation and self-esteem, depression and other mental health issues are a commonplace for thousands of young people out there. Whether these come from youth themselves, are a result of peer pressure and bullying or stem from an inability to meet the parents' or even their own ambitions, the message is clear - young people need support and guidance.

European Commission has acknowledged the issue by focusing part of its priorities, work and funding on addressing mental health and well-being of children and young people. As such, any initiative or tool that help to address the epidemic of young people being 'lost' in the society, add to the common European strategy trying to address the issue. While there are already numerous support systems in place (including counselling and therapy), we feel that there is one more important area the value of which has not yet been fully discovered. This area is coaching.

WHAT IS COACHING

Specialist literature describes coaching as ...***the one place where the young person becomes the expert on their own life.*** (...) ***In most cases, the young person is at the receiving end of an expert's opinion, knowledge, diagnosis, sentence, scolding, nurturing and so on. In youth coaching, the young person becomes the creator of the journey and (...) the youth coach becomes the facilitator or co-creator*** (source: www.animascoaching.com).

When designing the project we went even further by employing **transformational coaching** as the main tool to be promoted throughout the activities. Although not very different from traditional model, transformational coaching focuses on finding a new way of seeing oneself. It invites individual or a group being coached to explore their strengths, awaken curiosity, discover the roots of success and to envision new possibilities. We find this 'looking-at-the-bright-side' approach refreshing and welcoming for young people, who are much too often stuck in the negativity.



WHY COACHING IN YOUTH WORK

The role of youth work is invaluable in supporting young people in dealing with difficult times. It is especially crucial nowadays due to the host of challenges they face every day. Although these may seem similar at times, the approach to addressing the issues needs to be tailor-made to ensure that support given is truly effective and serves the needs of young people. With these in mind, we have turned our attention to coaching as a flexible, yet powerful tool enabling young people to get back on track, regardless of the issues they may face.

A few words about the mobility



Do you work with young people, community groups, organisations?

Would you like to develop new competences?

Are you ready to start a new journey with coaching and personal development?

Come and join us on a unique learning journey during which you will get to find out more about transformational coaching tools and the different ways of using these to support the development of young people, members of your own organisation and yourself!

WHAT: Training Course

WHEN: 23 Feb - 1 Mar 2020

WHERE: Szczawnica, Poland

FOR WHOM

The proposed training course is aimed at **youth workers, mentors, coaches** (particularly at the entry level), **group and community leaders, representatives of informal youth groups and anyone who finds themselves in the position of working with young people and community groups/organisations on the daily basis** (either in the voluntary or professional capacity).

Considering the topic of the course, it is **NOT** necessary for the attendees to already have previous knowledge of and experience in coaching. It is important, though, that those attending are in the position to follow-up the course with any practice they will do back home either with young people directly or members of their own organisations!



PROJECT AIM AND OBJECTIVES

The proposed project aims at **developing competences of youth work practitioners in using transformational coaching to provide effective guidance and support to young people.** We wish to achieve that by:

- identifying present-day **needs and issues affecting young people** in our communities (mental health issues in particular)
- training youth work practitioners in the **key areas of transformational coaching, focusing on its application in the youth field**
- exercising coaching by implementing **local activities back home**
- **exchanging best practices and useful tools** in the areas of youth coaching, guidance, counselling and mentoring
- **facilitating networking** between partner promoters and the development of strategies for future joint projects focused on coaching, youth guidance and empowerment.

PROJECT STRUCTURE

To ensure that the project achieves its aim and objectives, Practitioner's Toolbox has been divided into three stages:

1. Training Course: Transformational coaching for youth
23 Feb - 1 Mar 2020, Szczawnica, Poland
2. Practice period back home
3. Seminar: Harvesting the learning
Sept-Oct 2020, Worcester, United Kingdom

Currently we are implementing the first part of the initiative, the training course. It is **expected that those interested in attending, commit to actively engage in all three parts of the project.**



FINANCIAL ARRANGEMENTS

The following project is supported by the ERASMUS+ grant. Hence, 100% of the food and accommodation expenses will be covered by the organisers, as well as up to 100% of the overall travel costs:

- **20 EUR** - Poland
- **180 EUR** - Hungary
- **275 EUR** - Estonia, Latvia, Romania, Bulgaria, Greece, Italy, North Macedonia, Malta, Croatia, Turkey, United Kingdom
- **360 EUR** - Spain, Portugal
- **820 EUR** - Portugal (Azores)

There is a **40 EUR** participation fee in the mobility!



PRACTICAL ARRANGEMENTS

Participants will be sharing 2-3 bedded rooms at a family hotel **Dom Wczasowy Lala**. The place is situated in the very centre of Szczawnica, a mountain spa town located in southern Poland, 2 hours away from Krakow.

All meals will be provided at the hotel or other venues, depending on the daily agenda.

The workshops will take place at the hotel or nearby.





Sunday 23rd Feb – Please arrive at the Hotel in Szczawnica by 6 pm.

Sunday 1st Mar – To allow enough time to get to the airport, your return flight should be after 10 am from Krakow Airport, or later from other airports. If unsure, please consult our team before purchasing any tickets.



To find suitable connections between your airport or arrival and Szczawnica, please check: www.e-podroznik.pl (English and other language versions available).

You can arrive a few days earlier and leave a few days after the mobility. Extra stay will not be supported with food or accommodation, yet you can use this time to visit some places around Poland. Should your stay be longer than 3-4 days, please consult this with our team before you purchase the tickets.



In line with the rules of the ERASMUS+ Programme, please make your travel arrangements using the cheapest means of travel.

Travel reimbursement will be done after the mobility and via a bank transfer to the sending organisation or the participants.



Further practical details related to travel to Szczawnica will be shared with the selected participants

PREPARATIONS

TRAVEL ESSENTIALS

- Passport/ID
- Health and travel insurance
- Pocket money

THINGS TO PACK

- Toiletries
- Slippers for the use at the hotel
- Comfortable clothes
- Medicines (if you take any)
- European adapter (for UK pax)

INTERCULTURAL EVENING

A special multi-cultural dinner will take place on one of the evenings. Given the experience with similar projects, we'd like to suggest focusing on consuming the food, rather than watching or listening to long presentations. Feel free, though, to prepare any info that you can later share during any other evenings. Looking forward to seeing what you've got!

NGO PROMOTIONAL MATERIALS

Although this is not our main focus of the course, participation in the mobility will be an opportunity for all of us to network with the representatives of many NGOs and institutions present at the mobility. We'd like to recommend, therefore, bringing some promotional materials, brochures of your organisations and anything else that you feel may be suitable. Although the main focus of the meeting is COACHING, feel free to prepare info also on any other areas of interest to your organisation.



A GIFT!!!

Think of a small, symbolic gift (value of max 3 EUR), something that you yourself would like to receive, especially when going through some tough times. Wrap it up and bring along to the course.

TOOLS AND METHODS

In case you work with any particular tools (e.g. those related to personal development, empowerment, mindfulness, mental health aid, etc.) or have an inspirational case study or project to share, please bring these along. Our aim is to make the course as practical in nature and as close to our needs as youth workers, educators, community engagement practitioners as possible. We'd like to ensure then that we all leave Poland not only full of new ideas and skills but also a number of tools to test back at home.

How to apply?

**COMPLETE THE THE
E- APPLICATION FORM**



CLICK!!!

**UPON SUCCESSFUL
SELECTION TO THE COURSE,
CONFIRM YOUR ATTENDANCE**



**WAIT FOR THE SELECTION
RESULTS TO BE
ANNOUNCED BY THE
SENDING ORGANISATION
IN YOUR COUNTRY**



**START THE
PREPARATIONS TO
THE MOBILITY**





CONTACT

Any questions related to the project and the mobility, travel to Poland well as any other matters should be addressed to the **project coordinator**
Basia Ligas on:

eu.consiliumdt@gmail.com

To ensure that your e-mails arrive without delays, please always start your messages with **ERASMUS+ TC Practitioner's Toolbox**.



We'll appreciate any ideas and suggestions of yours that could be incorporated at the time of preparations to the mobility or during the activity itself. This is going to be a training course which we wish to implement **NOT FOR YOU** but **TOGETHER WITH YOU!**
Let's make it an exciting learning journey!

We're waiting for you in Poland!

