

CHOICE TRAINING



5th to 9th of September 2016
(excluding traveling days)

Synergy Bulgaria, Ravnogor, Bulgaria



ABOUT CHOICE TRAINING

The CHOICE Training is the follow up of the Basic Synergy (Event Wise). While the emphasis in the Basic Training (Event Wise) is on **interpersonal experiences**, Choice is all about **self-awareness** and **self-discovery**. It is a place where you will be challenged to explore your limits and expand your comfort zone.

The CHOICE Training is a challenging experience suitable for everyone who desires to **break through** to a new level of **inner harmony** and **fulfillment**. We spend every moment of our lives in a specific mood. This mood shapes the world and the reality we live in. The CHOICE Training gives you an opportunity to **explore beyond** your moods and free yourself from what limits you.

Experiencing a new aspect of your **freedom** and **passion** will empower you to live fully in the present moment. Most participants share that the training has brought them feelings of infinite joy and aliveness.

During the five full days of the CHOICE Training you will have time to **redefine your life path**, your unrealized dreams and conceive new ones.

The head trainer is Yassar Markos and assistant trainers are Afonso Bertolo & Viktoria Csakany. The team is completed with 3 more team members.

Yassar comes from Palestine and currently lives in Bulgaria, where he now works as a trainer and coach. Concerning his background, he was formed as a medical doctor and is presently doing his masters in psychology. He has been delivering trainings and workshops on different topics (*personal development, coaching, NLP, communication, presentation skills, training for trainers, negotiation, productivity*) in the last 8 years. Yassar funded Synergy Bulgaria in 2013 and since 2010 he has been focusing mainly on personal development trainings and coaching.

Afonso has background in clinical psychology, he used to deliver trainings for health care workers and peer educators in Guinea-Bissau, Africa. He has a solid experience in working with groups in international contexts in the topic of coaching, communication, personal development and body awareness.

Viktoria has a solid experience in project and team management, with trainings and youth projects involving personal development, coaching, communication and volunteer management. From grassroot youth work background, she is specialised in inclusion of young people with fewer opportunities and volunteering. Her background has helped her develop a unique approach to bringing efficiency and consistency into projects. She has been actively working as a youth worker, facilitator and involved in NGO management for 6 years.

AFTER THE TRAINING

The results most participants experience are long lasting sense of **freedom** and **self-confidence**, which spread over every area of your life.

The tools and the practices taught in the training can be easily applied in your daily life. By doing so, and in the course of time, you will notice a new quality in your relationships. You will find you can forgive yourself and others more easily; whereas before you might have held on to grief, anger or resentment for long periods of time. Your authenticity and your personal power will keep on growing, as well as your ability to connect with others more deeply, and experience peace within yourself.

Eventually, you will know instinctively how to connect with life, instead of struggling to control it. You will become more open to unexpected chances and opportunities that come your way. You will find that your life gets bigger in terms of your own aspirations, the impact you have as a partner and a leader, and your vision of what is possible in the world.

THE BUILT UP OF THE TRAINING

CHOICE training is a **vital and dynamic process of doing**. It is grounded in the principle that your life is your own creation and you have the power to choose how to live. The core theme of all training days is **complete freedom** and **self-expression** meant to give you space to get in contact with your inner power, and express it in every moment.

As the training focuses on the relationship between you and yourself, **you can expect all kinds of outcomes and experiences throughout the training**. Nevertheless, each day has its main theme that is present in all activities. Here we are going to outline the topics of the CHOICE Training day by day.

The first day: For the first day the theme is **choice**. Straight from the beginning, you will get the chance to identify what you want to focus on during the training. Also, during this day, you have the opportunity to experience how you define yourself through your own standards, as well as through the feedback of your environment.

The second day: The second day of the training offers the opportunity to explore and express your **commitment to life**. How can I express my needs and desires to my surroundings and myself? Do I show up the way I want to? How can I release my stress and create energy in any moment?

The third day: The third day is built around the elements of **vitality and inner power**. How can I experience full vitality in any circumstances? How can I get in contact authentically with my already existing inner power?

The fourth day: Joy and self-expression are the themes that arise during the fourth day. How can I experience total joy? How can I create a space for my own self-expression? How can I master my fun and creativity, whenever I want to?

The fifth day: The fifth day is dealing with the values of **authenticity and freedom**. How can I create authentic experiences for my surroundings and me? How can I create a free space for expression for others and myself?

THE METHOD OF THE TRAINING

Structure and Processes

The processes that take place in the CHOICE Training build upon your experiences in the Basic Synergy (Event Wise) training. Therefore, it is a requirement that all applicants have participated in Basic Synergy (Event Wise).

The CHOICE Training has fewer lectures, more individual participation, fewer participants and more direct interaction between the trainer(s) and the participants. The learning method in both trainings is similar, although sometimes the processes in Choice are more intense and may stimulate more emotional responses than those you experienced in the Basic Training.

Ground rules

Ground rules are designed to assist everyone in working cooperatively, within the given context. Before the training starts, you will be asked to agree to the ground rules of the training and sign.

Role-playing

As part of the training, you will participate in a number of different games, both individually and in groups. These processes are designed to allow you to discover and explore new ways of being that are powerful and effective, which you most likely don't use in your daily life.

Sharing

At many points throughout the training you will be asked to share about yourself and what you are learning with the other participants, as well as to listen about the experiences of others.

Interaction with others

Most of the learning in the CHOICE Training comes as an interpersonal experience, where you actively interact with the other participants. The trainer is present to support you in defining your commitment and give you honest feedback, as to whether or not you are on track with what you want to achieve throughout the process. The interaction with others will allow you to examine your attitudes and behaviors.

Homework and assignments

You will be given homework and assignments to complete outside of the training room. These are designed to assist you to reflect on your experience and bring greater clarity into your learning.

LOGISTICS AND INFORMATION

The CHOICE training will take place from 5th until 9th of September 2016, at Ravnogor, Bulgaria. The CHOICE Training consists of 5 full working days.

Arrival day: **4rd of September until 15:00.**

Start of the program: **5th of September at 12:00**

End of the program: **9th of September at 21:30**

Departure day: **10th of September after 14:00**

ARRIVAL AND DEPARTURE

- Please take in account that **arriving later** for this training is not an option, neither is leaving earlier.
- On the 4th of September at 17:00 a bus from Synergy Bulgaria will depart from Sofia center to the training venue in Ravnogor and this is basically the only way you can reach the venue if you do not have your own vehicle.
- On the 10th of September at 9:00 a bus from Synergy Bulgaria will depart from Ravnogor direction Sofia Airport and Sofia center. If you leave on the same day make sure that your flight departs after 14:00.
- If you want to **arrive earlier** on the venue with your own mean of transport communicate it with us in order to support you.
- It is up to you if you want to extend your travel 2-3 days before or after the training. Keep in mind that we are not going to cover any expenses if you decide to arrive earlier or leave later from Bulgaria.

ACCOMMODATION AND VENUE

The project will take place in **Ravnogor**, a mountainous village elevated on 1340m. The accommodation of the participants will be in *Hotel Panorama* (<http://panorama-ravnogor.com/>) located in the main square of the village and booked completely for reasons of our training.

The sleeping rooms can be occupied by 2 to 6 people and they have showers and toilets ensuite. There is Wi-Fi internet connection available. There is also a library next to the training room that has computers connected to internet. The training room is located in the municipal building across the accommodation; there is also a working area available. There is also a washing machine that you can use.

Keep in mind that Ravnogor is a small village and there are no banks or ATM service, so we advise you to bring enough cash beforehand. The village has several mini markets with limited variety of products and several gorgeous hikes around the venue.

TRAVEL REIMBURSEMENT

When buying the tickets, be aware that there is a maximum amount of money to be reimbursed for each participant, depending on the country of origin. If your travel costs are lower or up to the limit, you get 100% reimbursed.

If your travel costs are higher than the limit – the difference is covered by you.

You can find the maximum reimbursable amount below. This amount is calculated with the distance calculator according to the Erasmus+ regulations.

Bulgaria covered by Synergy Bulgaria bus,

Greece: 180 €

Spain, Netherlands, Hungary, Czech Republic, Italy & Romania: 275 €

To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes and invoices (originals). Only if you have all the travel documents, we are able to reimburse your travel costs!

PARTICIPATION FEE

The participation fee is **€100** or **200lev** to be paid before the beginning of the training.

HOW TO APPLY

If you want to apply for the training, you need to be above 18, and to have already participated in an Event Wise or Basic Synergy training.

Priority in the selection is given to the **participants or team members** of the **Pathways training** (happened in Ravnogor, Bulgaria between 4-12 June 2016)

Fill in the application form <http://bit.ly/ChoiceSep2016-application>

If you are selected, you will receive a confirmation letter. Shortly after you will receive a questionnaire, which is there to support your experience in the CHOICE Training. The questionnaire is a very important element of the training, and participation is only possible after its submission.

For any other or further information feel free to contact us on the email info@synergybulgaria.com

See you soon,
Yassar Markos