

# Welcome

ERASMUS+ KA1 - TRAINING COURSE

## **MINDFUL COACHING IN YOUTH WORK**

18 - 25 FEBRUARY 2017  
NOWY SACZ, POLAND

### **INFO PACK**

In the next few pages, you will find out more about the ERASMUS+ Youth Workers Mobility - *Mindful Coaching in Youth Work*. Please have a read through the information provided and do get back to us in case some issues remain unclear or you have any further questions.

We hope to see you with us in Poland in February 2017!

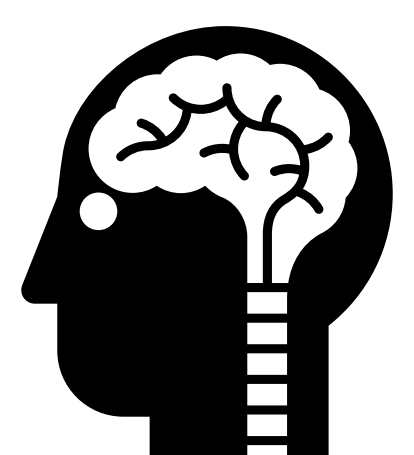
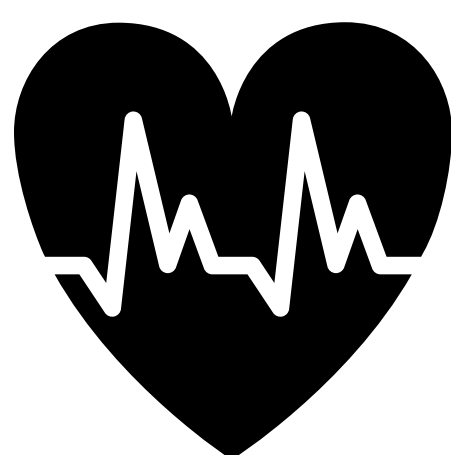
**My Dreams Come True  
Association**

## ABOUT the PROJECT

It goes without saying that the challenge of addressing **youth unemployment** across Europe is a significant one. Although a lot is already being done by governments and funding streams (e.g. ERASMUS+ Programme), there appears an **urgent need for more to be done at the ground level**. Hence, through this project we seek to work directly with Youth Workers to help **increase the impact** they have in **improving the psychological well-being and emotional resilience of young people**. This, we believe, **will help young people find work more effectively and deal more successfully with managing the challenges of unemployment and the search for work**.

The following project focuses on the **key coaching skills and fundamental psychological and pedagogical strategies** that we wish to train in together with fellow Youth Work practitioners from around Europe. The course will be delivered in a way that will enable Youth Workers to gain **first-hand knowledge and experience of the emotional resilience-building strategies**. Here, they will gain experiential learning through the daily workshops, so that they themselves feel the significant psychological changes that this work can bring. They then are more likely to be passionate about the work and the changes felt and therefore be more willing to incorporate them into their ongoing youth activities. The strategies are all easily accessible and readily incorporated immediately into any programme of work they undertake with their young people.

The very training course is underpinned with **mindfulness and group life coaching skills** which draw on popular **self-development knowledge and understanding as well as ideas found in Cognitive Behavioural thinking and Neuro-Linguistic Programming**. As a result, Youth Workers will become skilled in many practices connected to being more mindful alongside tried and tested coaching approaches. The proposed approach also draws from a fast growing body of scientific knowledge (in Europe and overseas) which highlights the need to look more holistically at the support of individuals, that focuses on their emotional and psychological needs. This work underpins all other **skills-based learning** that young people may gain towards employability.



## AIM and OBJECTIVES

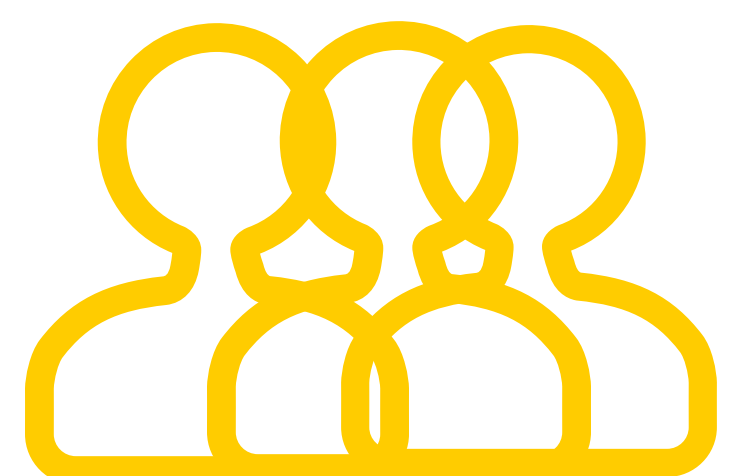
The proposed project aims at developing the capacities of youth work practitioners in using coaching as an effective guidance, motivation and empowerment tool in building young people's resilience, especially for the job market. We wish to achieve that by:

- > Analysing present-day situation around Europe concerning young people and support provided towards facilitating their mobility in the job market.
- > Training youth work practitioners in the use of basic coaching tools that can be applied directly within career coaching sessions and leading to greater empowerment of young people and building their overall resilience.
- > Developing competences in assessing young people's well-being so as to appropriately apply the tools to their personal and professional development.
- > Providing the open and friendly environment for the exchange of further tools and best practices used by the partner promoters and their participants when supporting young people towards employability.
- > Planning follow-up steps in order to ensure transfer of learning forward beyond the programme.
- > Facilitating networking between partner promoters and the development of strategies for the future joint projects focused on coaching, youth guidance and support.

## TARGET GROUP

The proposed training course is aimed at **youth workers, mentors, coaches (particularly at the entry levels), group leaders, community leaders, representatives of informal youth groups and anyone who finds themselves in the position of working with young people 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 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 organisations!





## FINANCIAL ARRANGEMENTS



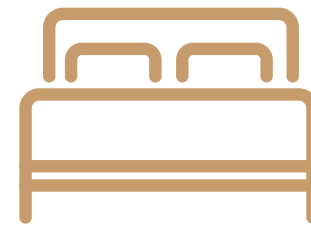
The following project is financially supported by the **ERASMUS+ grant**. Hence, 100% of the food and accommodation expenses will be covered by the organisers, as well as up to 100% of the overall travel costs (please see the max. allowances per country listed below).

Also, necessary visa documentation shall be provided where necessary.



NOTE: There is NO participation fee in the project!

## PRACTICAL ARRANGEMENTS



All participants will be sharing **2-3 bedded rooms** at the **local student house** run by the Centre for Education and Youth Work in **Nowy Sacz, southern Poland**.

The same building hosts the office of 'My Dreams Come True Association' - the project coordinator, dining room, as well as training rooms where the mobility workshops will be conducted.

**The address of the venue:**  
ul. Rejtana 18  
33-300 Nowy Sacz, Poland



## TRAVELLING TO POLAND

>> **Saturday 18th February** – Please arrive at the meeting venue in Nowy Sacz by **6 pm** at the latest.

>> **Saturday 25th February** – To allow time to get to the airports, your return flight must be after 10 am from Krakow or Katowice Airport or later from other airports. If unsure, please consult us before purchasing any tickets.

In order to find suitable connections between your airport of arrival and Krakow please check: <http://www.e-podroznik.pl/>



You are allowed to **arrive or depart max. 2 days before or 2 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 2 days (unless necessary!) we do reserve the right not to reimburse part of your travel costs.



In line with the rules of the ERASMUS+ Programme, we would like you to make your travel arrangements **using the cheapest travel options**. Also, before purchasing any tickets, please make sure that your travel times/cost are approved by us in advance!

In order to receive up to 100% of your travel reimbursement, please make sure you fit into the travel budget allocated per country:



United Kingdom, Latvia, Germany, Greece, Spain, Turkey, Bulgaria, Slovenia, Belgium



Czech Republic, Hungary

Should you have any problems organising your travel or need advice, you can always contact us.

We'll be happy to help!!!

## HEALTH INSURANCE



Health insurance will NOT be provided or reimbursed by the mobility organisers.

All participants are required to purchase health insurance individually. If you live in an EU country and use a national health insurance system there, please apply for a FREE European Health Insurance Card: <http://ehic.europa.eu>



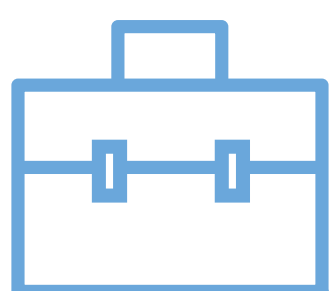
Day to day agenda of the project is currently being reviewed by the trainers' team. Please note that adaptations will be made once we receive applications of all participants. It is crucial for us to adjust the mobility so as to suit as many of our needs as possible and to make the course as practical as possible.

## PREPARATIONS

Preparations to the training course will be conducted on several levels:



**E-learning platform engagement** - a few weeks ahead of the mobility an e-learning platform will be launched for the sake of facilitating the initial getting to know each other process as well as assessing and levelling the knowledge of those attending. So as to enable all participants equal and timely access to the pre-course materials, information and possibility to engage in initial group dynamics, it is important that all attendees are known by 1st January 2017!



**Practical preparations** - this includes any practical travel/visa/insurance, etc. arrangements. These will be supported by the host of the mobility as well as the sending organisations.



**Content-related preparations** - a few weeks prior to the course, participants will be informed about the necessary materials to be gathered and prepared. These typically refer to:

- Intercultural evening > possibility to present each of the countries represented
- NFO market > opportunity to network and showcase partner promoters' work
- Tools sharing > chance to introduce/share/test any tools/methods/best practices relevant to the topic of the course and used by the participants or partner promoters.

## CONTACT

Any questions related to the TC, travel to Poland or visa matters shall be addressed to the project coordinator **Gosia Ligas** on: [mms@mms.org.pl](mailto:mms@mms.org.pl). Also, to ensure that your e-mails arrive to the project coordinator without delays, please always start your message with **ERASMUS+ TC Mindful Coaching**.



**We'll appreciate any ideas and suggestions of yours that could be incorporated at the time of preparations to the project 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 looking forward to hearing from you!!!**