

# Keys For Change

H O L I S T I C   T R A I N I N G   F O R   T R A I N E R S



**For 15 years,** Egyesek has been designing and delivering training courses in the field of European youth work based on a very unique, unusual approach, springing from 2 core beliefs:

- **Holistic development** - professional improvement is only possible through personal development, as they are parallel, interconnected processes;
- **Integral learning** - we use a blend of both formal, informal, and nonformal methods, which allows us to use education fully instead of being limited by the conventional labels and boundaries.

**The knowledge that is not shared is doomed to fade into oblivion, and a methodology that is not taken by others will be outdated and fossilized.**

As such, it is now the time to pass on our experiences and unique methodology to a new generation of trainers.

*Are you a trainer ready to learn?*







# Who is this project for?

This is an exclusive project for those who are active in the field of youth trainings; particularly those who work with groups as trainers/facilitators/educators.

If you are a resident in Bulgaria, Czech Republic, Estonia, France, Greece, Hungary, Italy, Latvia, North-Macedonia, Poland, Serbia, Slovenia, Spain or the United Kingdom, you can apply for the funded spots from Erasmus +. (See financial contribution for open spots.)

This project is for people who...

... have led youth programs before  
(training courses/workshops/  
learning activities)

... have a portfolio of youth  
programs they led

... will facilitate activities  
within 6 months after the  
training course(s)

... are able to clearly  
communicate in English  
(intermediate level)

... are above 18 years old

# Selection

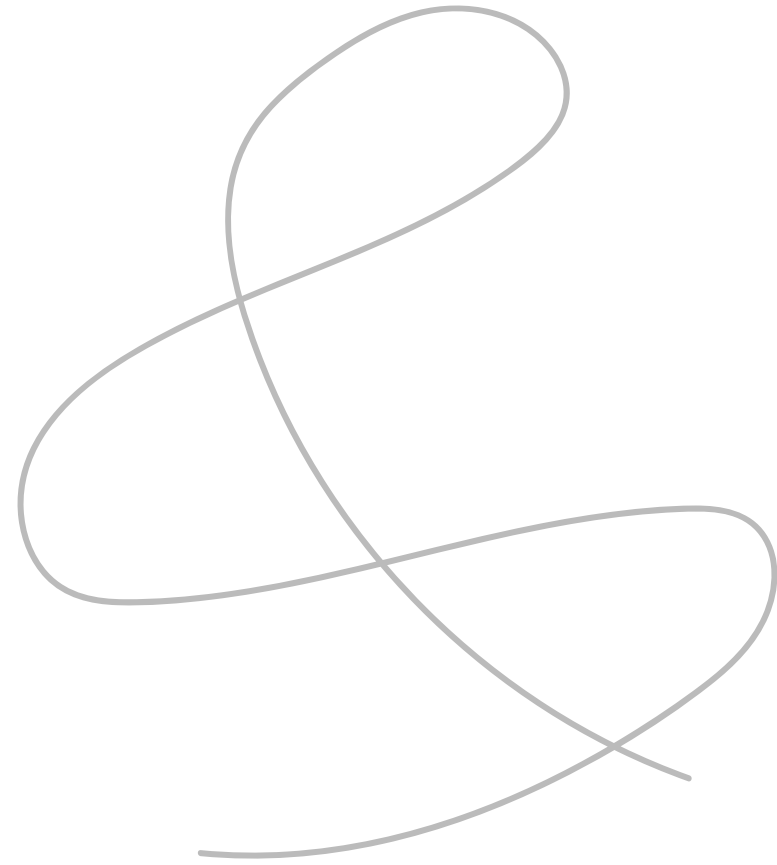
We aim to gather a group of participants with varied backgrounds and levels of experience. This will enhance the informal learning process, through the sharing of knowledge and skills between participants.

The first training course already took place in November 2021, and participants of that training course will take part in the second training, as well.

Priority will be given to those who commit to the 2 training courses and the parallel coaching process, as we believe that maximum learning impact will come from attending the whole learning cycle.







# What can you expect?

The elements of this professional program are designed to cater to different needs, the three trainings build on each other while having the flexibility to be applied separately.



✓ 2 residential training courses in Hungary

✓ Special materials and evaluation tools

✓ Individual coaching for learning needs during the training courses

✓ Certification in the end of the 2 modules



What will  
you learn?

tools for  
facilitation,  
coaching, and  
training

basic NLP\*  
methods and tools

\*Neuro-Linguistic  
Programming

advanced  
group  
dynamics

reading a group,  
mapping  
group needs

creating  
atmosphere  
for optimal  
learning

impactful use of  
non-verbal  
communication

embodied  
coaching,  
group coaching



# Project build-up

The project is built as a holistic unit, where the 3 training courses and the coaching process are interconnected. The first training already took place in November.

The design of the educational content is need-based: we start from a pre-designed curriculum while keeping the flexibility to accommodate your learning needs as a participant.

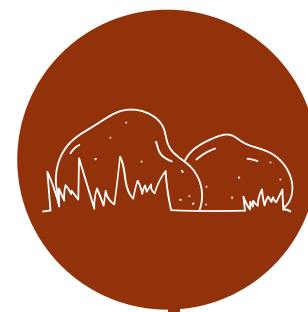
Each of the training courses will address a different focus.



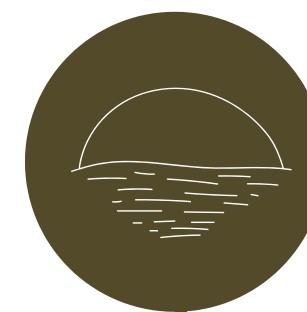
1ST TRAINING  
KEY ASPECTS OF  
TRAINERSHIP



2ND TRAINING  
SELF-COACHING



COACHING SESSIONS



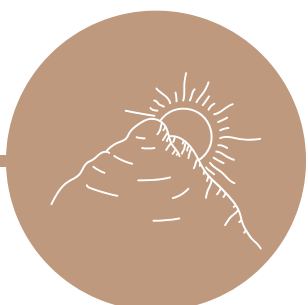
3RD TRAINING  
ADVANCED  
TRAINING FOR  
TRAINERS





## KEY ASPECTS OF TRAINERSHIP

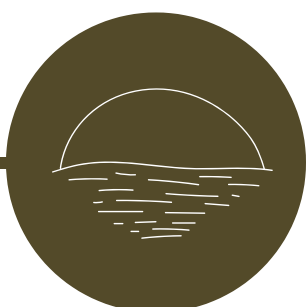
Technicalities and practicals, communication and coaching tools for trainers. We'll also approach the specifics of Erasmus+ and training on the field of youth work with the focus on how to approach groups.



## SELF-COACHING

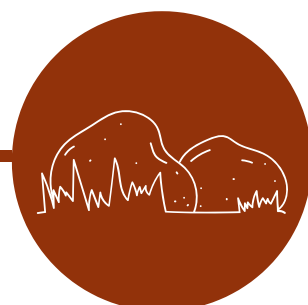
Personal development based program, towards self-awareness and self-reflection.

It is there to support realizing how much our beliefs, concepts about the world, people, etc. are running in an automatic, unconscious manner; and how this unconscious functioning influences our behaviors, the results we get, and the relationships we have with other people. How to use this awareness into creating a successful mindset and behaviors.



## ADVANCED TRAINING FOR TRAINERS

Tools, skills, and competences that support the participants to find their own style in working with groups and designing activities in a purposeful manner.



## COACHING SESSIONS

Only those who commit to the whole learning cycle will have the opportunity to get coaching sessions after the second training course. These sessions will be there to follow up on the participants' learning path and to support them to deliver workshops/training courses back in their working context.



A vertical image on the left side of the slide shows several smooth, dark stones of various shapes resting on a light-colored, reflective surface. Concentric ripples emanate from the point of contact between the stones and the surface, creating a sense of movement and depth. The lighting is soft, highlighting the textures of the stones and the water.

# Methodology

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We work out of **integrity**: we will provide you with the same **methodology**, **elements**, and **learning culture** that we use in **our educational approach**. By walking the talk, we give the opportunity for you to learn by real-life examples and experience the magical effect of this methodology on learners.

**Experiential learning** or **learning by doing** is the main aspect of our methodology.

We will provide several inputs, activities and moments for reflection, it is up to you to make the links with your own background. We have no expectation on what or how you should learn. This training is there for you to learn what you want to learn, to draw your own conclusions, so you can implement it after the training course is over.

By using this method we give you the stage where you can truly be **the creator of your own experience**.

Springing from this main method we'll use other approaches:

- Embodied awareness
- Outdoor learning
- Peer learning
- Group coaching
- Experiential learning
- Learning by submerging
- Confrontational coaching



## Leader

The professional leader of the project is **Viktória Csákány**. She has a background in Sociology and is an **NLP Coach** (Master Practitioner). Viktória comes from Hungary and she has solid experience in **training, coaching, and personal development**. Since 2009, she has been involved in youth work and training courses for youth workers in topics such as **communication, coaching, entrepreneurship, the inclusion of young people with fewer opportunities**. She is currently studying to become a mental hygiene helper.



## Behind The scenes


### Her team

Together with Viktória, there will be an international team of different trainers for each training course, each of them having different backgrounds and expertise.

The expert team of the project involves:

- learning and development experts,
- psychologists and mental hygienic helpers,
- youth workers,
- NGO leaders,
- and integral learning specialists.





# Finances

## E+ funded spots

The project is co-financed by Erasmus+.

You can apply for an Erasmus+ funded spot, if you reside in one of the following countries: Bulgaria, Czech Republic, Estonia, France, Greece, Hungary, Italy, Latvia, North-Macedonia, Poland, Serbia, Slovenia, Spain or the United Kingdom.

Participation fee: 50 €/training activity

Food and accommodation are fully covered by Erasmus +.  
Travel reimbursement is possible up to the following limits:

Hungary

20 €

Czech Republic,  
Poland,  
Serbia, Slovenia

180 €

Bulgaria, Estonia,  
France, Greece, Italy,  
Latvia, North-  
Macedonia, Spain,  
United Kingdom

275 €

# Self-funded spots

You can apply to a self-funded spot if you don't reside in any of the countries mentioned before.

Participation fee: 500 €/training activity

This covers participation in the full program, lodging (accommodation, food) and access to materials.

You have to cover your own travel.

\*In case you officially reside in another Erasmus+ eligible country contact us so we can support you in getting a funded spot.





# Dates

## First training

Already took place!

Day 1: 21 November 2021

Day 8: 28 November 2021

Day of departure:

29 November 2021

## Second training

Day 1: 2nd March 2022

Day 9: 10th March 2022

Day of departure:

11th March 2022

## Third training

September 2022\*

8 days + 1 travel day



\*Exact dates are flexible as of now and will be announced later on.



# Venue

## Creative Space, Hollókő

All three residential training courses will take place in Creative Space Training Center, in **Hollókő, Hungary**. This is a 3-level stone building with 4-5-6 bedded rooms, with shower and toilet en suite. Bed linen will be provided. You can also find the training room, dining area, common social areas in the building, and a big garden around. Creative Space is in Hollókő, a village that is part of UNESCO's World Heritage Sites. **More details and information on the venue and how to reach it will be included in the confirmation letter that will be sent to participants after their acceptance.**



*Apply now!*

Click on the button above and  
apply until 14th February!



# Contact

In case of any questions, please feel free to contact us!

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Alexandra Vinczi  
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