

EGYESEK, INEX-SDA, SOLIDARITES JEUNESSES
PRESENTS

PERSONAL DEVELOPMENT TRAININGS

2022



As 3 organizations working with youth workers and youth leaders - Egyesek Youth Association (Hungary), INEX-SDA (Czech Republic) and Solidarites Jeunesses (France), we became aware there are many opportunities to participate in trainings focused on practical skills (such as project management, conflict resolution, team building); yet, we realised the attention to mind-sets and attitudes was missing.

TO BE SPECIFIC, WE MISSED A TRAINING THAT WOULD FOCUS ON THE YOUTH LEADERS' POSITION AS LEADERS, STYLE OF COMMUNICATION, INNER MOTIVATION, AND UNDERSTANDING THE NEEDS OF INDIVIDUALS.

Out of this realization, 5 years ago, we started to implement trainings focused on personal development, dedicated to self-reflection and self-awareness. We believe in the unique methodology these trainings offer; therefore we aim to provide such learning opportunities for as many participants as possible. For this reason, in 2022, all 3 organizations together decided to bring to you 3 opportunities to join one of the personal development trainings, co-funded by the Erasmus+ Programme.

These trainings are 9-day personal development training courses for those already guiding either groups or volunteers, who want to improve their performance, based upon the principles of self-awareness, resourcefulness and accountability.

The main methodology used will be personal development or self-reflection, which means that we will be focusing mainly on your mindset/attitudes rather than providing you practical skills or models.



ABOUT THE TRAININGS

The training is here for you to

- ☐ Reflect on your mindset: attitudes, values, and beliefs
- ☐ Realize how your mindset influences your behaviors, the results you get and the relationships you have with other people in your working context
- ☐ Acquire models and tools to align yourself with your core values, while being more inclusive towards others and unexpected situations
- ☐ Put your experience into practice and exchange best practices with other participants.

The training is intended for participants, who

- ☐ have experience in leading workcamps or other type of projects involving groups or volunteers
- ☐ will lead a project involving young people in 2022/2023
- ☐ are at least 18 years and able to communicate easily in English
- ☐ want to develop themselves by reflecting on their mindset and how they usually function
- ☐ will participate fully in the programme from the beginning until the end.

WHAT EXPERIENCE CAN YOU EXPECT?

1. Self-Reflection (Day 1 to 5)

You will have the opportunity to get a better understanding of your mindset and its core elements (beliefs, concepts, automatic behaviours) and how they affect the results you usually obtain in life and how you work with others. It will be a journey into expanding what works and improving what doesn't work when it comes to your mindset. Input, activities, and reflection spaces will be there to guide you on this exploration.

2. Submersion/Real life implementation/Outdoor (Day 5 to 8)

The best way to put knowledge from theory to application is to practice in a real-life situation or context. You will have several assignments to complete in the local communities around the venue of the training. You will be able to put into practice the competences acquired throughout the previous days of the TC.

3. Final steps (Day 8 & 9)

The last days are there to wrap up the learning experience of the TC, in such a way that the insights can be taken home in a structured manner, to plan follow-up steps, and to close the TC together.

These personal development trainings are not the regular trainings you might be used to when it comes to non-formal education/Erasmus+.

We ask you to read the description of the methodology used, before applying!
<http://egysek.hu/workingapproach/>



TRAINERS



Afonso Bertolo

Afonso is a worldwide freelance educator, with a Master's degree in Clinical Psychology. Since 2009, he has been actively involved in non-formal education, youth work, and community building in Europe and West Africa. His main areas of work are personal development, coaching with a strong focus on body awareness, EVS mentoring, the inclusion of young people facing fewer opportunities, communication, media as an educational tool, and project management. He will be the lead trainer at all three training courses.



Viktória Csákány

Viktória comes from Hungary and she has solid experience in coaching and personal development. For 9 years, she has worked on training courses in the topic of communication, coaching, entrepreneurship, youth work. In the last 5 years, she has specialized herself on personal development and group coaching with NLP and life coaching background.



Adeline Serrand

Adeline is a regional coordinator of Le Créneau organization, one of Solidarités Jeunesses' 8 hosting center. She has been involved in non-formal education project since 2009, working for different target groups from kindergarden children to retirement institution senior. Since being a volunteer in 2014, she has led various projects with and for volunteers such as workcamps, trainings and youth exchanges. Her areas of expertise are intergenerational and intercultural learning, team coordination, project management and partnership financing.



Katka Martínková

Katka is a freelance youth worker, trainer, facilitator, coach and co-founder of an NGO Brno Connected. She has 15 years of experience in non-formal education and experiential learning, both on local and international level. She has been active as a trainer in the Erasmus+ field for 8 years, she is part of the Czech National Agency Pool of Trainers and she cooperates with different organisations, designing learning programmes to their needs or facilitating their processes. Lately she has been focusing on topics such as communication, cooperation, team work, youth projects and proactivity.

PRACTICALITIES

Leaders Of Change – 6-16 April 2022 – Czech Republic

Steps for Leaders – 18-27 June 2022 - France

Next Steps for Leaders – 2-12 July 2022 – Hungary



Leaders of Change

The program will be in **Ecological Leisure Švýčárna** located in the central part of the Moravian Karst, around 3km far away from the city Adamov and 20 km far away from Brno. You will be accommodated in 2-6 bedded rooms with shared showers and toilets located at each of the floors. There is a big training room, dining area, a garden around the accommodation and a "forest bar" (outside space where you can buy simple refreshments).

Arrival day: 6th April

First day of the program: 7th April

Last day of the program: 15th April

Departure day: 16th April

Steps For Leaders

Le Créneau is one of the regional delegations of Solidarités Jeunesses. It is located in Montcombroux-les-Mines; and it has been acting for 25 years for social, educative and cultural local development. Hosting conditions will be basic, as participants will stay on our ecological camping site. It is equipped with sustainable facilities, such as solar showers and dry toilets. Participants will sleep in a yurt, a tipi, a wooden dome and 2 barnum tents, all equipped with beds, wooden floor and electricity.

Arrival day: 18th June

First day of the program: 19th June

Last day of the program: 26th June

Departure day: 27th June



Next Steps For Leaders

The program will be in a group accommodation called Creative Space Training Center, surrounded by beautiful nature. This is a 3-level stone building with 4-5-6 bedded rooms, with shower and toilet en suite. 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.

Arrival day: 2nd July

First day of the program: 3rd July

Last day of the program: 11th July

Departure day: 12th July

More detailed information on the venues and on how to reach the places will be included in the confirmation letter that will be sent to participants after their acceptance.

We ask you NOT to book your ticket until you get the confirmation on your application!

- Accommodation, food, training materials are provided.
- There is a contribution of 60 € to be paid in cash upon arrival.
- Travel reimbursement is provided up to the limit.

Travel reimbursement limits:

Distance between your country and training location:	Limit of the travel reimbursement:
10-99 km	20 €
100-499 km	180€
500-1499 km	275 €
1500-2999 km	310 €

Partners

The trainings are coordinated and hosted by: Egyesek Youth Association, INEX-SDA and Solidarites Jeunesses.

Other partner organisations:

Allianssi (Finland)
Asociacion Building Bridges (Spain)
Center for Intercultural Dialogue
(North Macedonia)
Concordia UK (UK)
De Amicitia (Spain)
ELIX (Greece)
ESTYES (Estonia)
IBO (Italy)

INEX-SLOVAKIA (Slovakia)
Jaunatne smaidam (Latvia)
Rota Jovem (Portugal)
Smokinya Foundation (Bulgaria)
SPW (Poland)
Synergy LT (Lithuania)
Young Folks LV (Latvia)
YRS (Serbia)
Zavod Voluntariat (Slovenia)

In case you have questions for the nature or programme of the training, don't hesitate to contact the project coordinators!

Leaders of Change: Veronika Marková
(veronika.markova@inexsda.cz)

Steps and Next Steps for Leaders: Alexandra Vinczi
(alexandra.vinczi@egyeseke.hu)

PERSONAL DEVELOPMENT TRAININGS
2022

APPLICATIONS

All 3 trainings will have the exact same program,
it's up to you to choose the date that fits you the best.

Leaders of Change (Czech Republic)

[CLICK HERE](#)

to apply until 14th March

Steps For Leaders (France)

[CLICK HERE](#)

to apply until 15th May

Next Steps For Leaders (Hungary)

[CLICK HERE](#)

to apply until until 30th May

*You will know on time if you were selected, so you will have
enough time to arrange the travel and get ready for the training
course!

COVID DISCLAIMER: We monitor the state of the pandemic
regularly, and we uphold the right to change the dates of our
trainings if it is necessary.