



# FACILITATE THE 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



Co-funded by  
the European Union





# Are you a Trainer ready To develop?

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knowledge that is not shared is doomed to fade into oblivion, and a methodology that is not taken by others will be outdated and fossilized.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







# 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 the Czech Republic, Estonia, France, Germany, Hungary, Spain, Belgium, Serbia, Russia or Turkey. you can apply for the supported spots from Erasmus+ and the European Youth Foundation. (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.

Priority will be given to those who commit for 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

✓ Certification in the end of the 2 modules



✓ Special materials and evaluation tools

✓ Mentoring support for implementing your own educational program



✓ Individual coaching for learning needs during the training courses

✓ Group coaching based on professional topics and needs of the group

# 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 2 training courses and the coaching process are interconnected.

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.

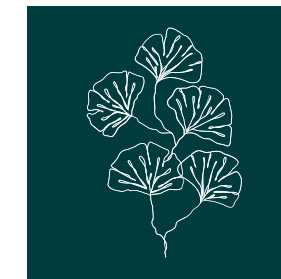


## TRAINING 1 – PEER THE CHANGE

KEY ASPECTS OF  
TRAINERSHIP



COACHING  
SESSIONS



## TRAINING 2 – SELF-COACHING

SELF-REFLECTION  
IN TRAINERSHIP



## PEER THE CHANGE KEY ASPECTS OF TRAINERSHIP

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



## 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.



## SELF-COACHING SELF-REFLECTION IN TRAINERSHIP

The 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 successful mindset and behaviours.



A tall wooden ladder leans against a large, dark-colored bookshelf filled with numerous books. The ladder is made of light-colored wood and has several rungs. The bookshelf is filled with books of various sizes and colors, creating a dense, textured background. The lighting is warm and focused on the ladder and the books.

# Methodology

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





**Afonso Bértolo**

Afonso is an experienced trainer, youth worker and project manager, with a background in Clinical Psychology (Master degree).

Since 2009 he has been involved in youth work, project management and community intervention in several international contexts around the world.

In practical terms, and within the frame YiA/LLP/E+, he has led training courses and youth exchanges, and has coordinated and mentored volunteers facing fewer opportunities.

Outside this frame, he has been involved in personal development and coaching programs across Europe, plus grassroot work/community development and HIV/AIDS counseling for healthcare works in West Africa.

# Trainers of the project



**Tahira Tarquini**

Tahira works as project coordinator and coach since 2013, with background in Business and Economics and Positive Psychology.

She has facilitated trainings and youth exchanges with the main emphasis on communication and cooperation when working in a group. She uses wolfdogs and constellations as a tool in coaching in one-to-one sessions and in group settings.

She has been involved in personal development training courses as well and social-cultural work with youngsters in small communities



# Finances

## Funded spots

The project is co-financed by Erasmus+ and the European Youth Foundation.

You can apply for a funded spot, if you reside in one of the following countries: Belgium, Czech Republic, Estonia, France, Germany, Hungary, Macedonia, Russia, Spain, Serbia, or Turkey, The Netherlands.

Participation fee: 50 €/training activity

Food and accommodation are fully covered by Erasmus + and the European Youth Foundation.

Travel reimbursement is possible up to the following limits:

Hungary

20 €

Czech Republic,  
Serbia

180 €

Belgium, Estonia,  
France, Germany,  
Macedonia, Russia,  
Spain, The  
Netherlands, Turkey

275 €

# Dates

## First training

Day 1: 22 November 2022

Day 8: 29 November 2022

Day of departure:

30 November 2022

## Second training

January or February 2023\*

\*to be clarified on the first training course







# 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  
HERE

Click on the button above and  
apply until the 1st October 2022





# Contact

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

[alexandra.vinczi@egyesek.hu](mailto:alexandra.vinczi@egyesek.hu)

Alexandra Vinczi  
project coordinator

