

Detect your essence, search your direction

Training Course

24-30 January 2016, Antwerp, Belgium



Detect Your Essence, Search Your Direction is an unique 7 days international training course. In a very interactive and innovative approach we guide youth workers to discover who they really are and which direction serves them best for their future plans.

The training course *Detect Your Essence, Search Your Direction* is useful for your personal development but will also serves the young people you work with. What you learned with us you can use on a personal and a professional level. After this training course you can better handle relationships, mainly because you know yourself better.

The success of our approach is the non-formal learning: In this framework you, as a participant, are completely free to design your own personal learning process based on your own unique needs. This pro-active attitude provides the best results, because only you direct your own personal learning journey. You search your own way in the flow of the program framed by the trainers, and stimulated by the other participants. The trainers give structure by offering background theory, exercises, debriefings and personal coaching.

We are working in a personal laboratory where everything is possible and you corporate completely on a voluntary base. Provided in a frame by the trainers you can create your own path for future plans. You'll do this together with other motivated participants and stimulated by innovative, interactive methods and tools.

Overall aim:

The opportunity to reflect profoundly where you're standing now, your identity and how you want to develop in your role as a youth worker.

Objectives:

- Create a better understanding and awareness of your potential and your choices by improving your natural resources.
- Become (more) aware of how your inner life is reflected in your work behaviour, aware of your interactions with colleagues and young persons, and aware of old patterns.
- To give attention to and to work around topics as shame, fear, vulnerability and confidence, curiosity and listening, loss, empathy, choose the right moment, responsibility in connection to your (professional) identity.
- Discover, accept and include different sides of your personality to become more conscious of who you are.
- Learn to consider crises and disturbing life's changing phases as new opportunities for development and inner growth and how to support young people in this process.

Target group:

People working with young people in Ngos and public bodies. Our focus is on people's passions, feelings and quests. The people in the group are the right people at that right moment. For this very interactive training course we only need your complete presence and commitment with the group. Only together as a group we can reach the ultimate personal achievement for every participant.

About the trainers



Sandra Östensson, Sweden

Alongside freelance training, Sandra is an international project coordinator within international youth work and social worker. She has been involved in international youth work since 2002. Sandra has developed a range of methods to utilise in her work and has developed international projects and courses focusing on the topics of gender, youth participation, outdoor methods, identity, cultural diversity and intersectionality. Sandra is passionate about learning within the frame of non-formal education and to support young people and adults in learning processes. She believes that

curiosity, pushing yourself out of the comfort zone and allowing yourself to experiment is the basis of learning, and the results will take care of themselves. Sandra is convinced that it is essential to knowing your own self, your values and beliefs and your passions. While other people can play a role in expressing these things, they don't control them. There is only one person who can control them, and that person is you.



Dominique Verschuren, France

Dominique Verschuren is since 2009 a full time international trainer and coach who is specialised in Identity. He believes that it all comes back to the questions "Who am I"? It makes a huge difference, and it makes life decisions easier if you know yourself better. Dominique is convinced that you *only* can behave like you really are. At the end that's only what matters : stay close to your core. That's what he gives by everything that he's doing. So also during this training course. Intense and different.

Dominique's approach is psychologically, philosophically and culturally. Concrete topics he works around are passion and talent development, skills and competences, learning processes, employability, vulnerability and powerless feelings, constructive communication and relationships, diversity in identity (group dynamics), transition... He also works with Connected Elephant: www.connected-elephant.org.

Working language

English

Practically

The training course will be organised in Antwerp, Belgium between 24th and 30th of January 2015. We will have 5 working days; 24th and 28th are travelling days for the participants. The venue will be in the Pulcinella youth hostel in the historical centre of beautiful Antwerp. This place will be the accommodation and working venue during this week.



The city of Antwerpen



Youth hostel Pulcinella

Participation fee

This training is not supported by the Erasmus+ programme. Participation fee will be 700 euro and includes: accommodation, food and the training course.

Participants take care of their own travel expenses (no reimbursement).

More information

Dominique Verschuren

e-mail : dominique@connected-elephant.org

www.connected-elephant.org

phone : +32496/973691