



Erasmus+

INFO PACK

FOR THE TRAINING COURSE

“Coaching for Change”

Date: Aug 25-Sept 3 2016

Venue: Frankolovo, Slovenia

Short summary

Change is happening all the time. The simple way to change is to find useful change and amplify it. Europe today goes through major changes (migrations, insecure employment opportunities for young people, aging of the EU population, more young people leaving their homes and reaching independence later in their life) and it is in this complex environment that our young people develop, within which they participate and to which they contribute. They need skills and awareness to combat increasing apathy, resistance to change, scarce employment opportunities, anxiety, substance misuse, distrust of institutions and weakening relationships.

We are increasingly witnessing youth workers, often complaining they work hard to prepare activities, but young people don't engage/respond to offers and invitations and are hard to motivate. We, who support young people need to be clear how we can help them develop skills and awareness for survival, for identifying their strengths and marshalling their resources to improve the quality of their lives. With these ideas in mind we have developed a Training Course titled Coaching for Change (CfC) for youth workers.

Project's objectives:

Through this Training Course, we are aiming to reinforce the quality of the supporting services by improving the skills of those professionals working directly with young people with fewer opportunities. Coaching for Change supports different organizations in developing quality services that involve young people with fewer opportunities by educating youth workers of how to coach youngsters with the Brief Coaching approach and methodology.

This project equips youth workers with simple strategies and techniques to engage with the young people they work with and make change easier. They develop coaching skills and practice conversations, which help young people, experience success, improve their lives and become more confident of themselves. They become more confident of their future and want to achieve more.

When individuals (youth workers as well as through them young people with fewer opportunities) learn to cope better and expand their minds, so expands

their level of tolerance, acceptance, curiosity and courage. These values are crucial in a new-forming Europe, where we need people with expanded minds to address the issues of migration, refugees, asylum seekers in a way that embraces diversity as a value, instead of a thread. Such people are then able to create a thriving society that respects human life and rights and views it as priorities instead constantly pushing towards making profits.

Methodology

Brief coaching is scientifically proven to be a highly effective, efficient, and person-centred method to achieve desired change/goals. Good quality coaching is a tool that is more than often reserved for people who can afford it. Youngsters with fewer opportunities have minimal chances to benefit from modern approaches that improve lives, performance and behaviour. Further, youth workers who work with these groups are often too busy to attend a high quality training that would equip them with effective tools. This project fills this gap and offers high quality training in Brief Coaching for change, in order to spread the skills of coaching to the disadvantaged.

Trainer's team

The course facilitators are four trainers with extensive professional experience in Brief Coaching:

- **A. Biba Rebolj** (Slovenia) is a Solution Focused Coach, international youth trainer and a happy minimalist, whose laughing is contagious
- **Árpád Bárnai** (Hungary) is a Solution Focused Coach who has learnt a lot from kids in a Hungarian foster home and since then he keeps on re-discovering how we can change with acknowledging that we don't need to change
- **Ella de Jong** (Netherlands) is known for her perseverance and creative enthusiasm and although never heard a compliment made by one of her 6 brothers, this farmers daughter and former teacher tries to be a 'shaker and a mover' in the Solution Focused world with a smile
- **Dr Leah Davcheva** (Bulgaria) is a keen Solutions Focus Coach, curious about the world and most important for her is that the people she works with move forward with their AHA moments.

Participation

Coaching for Change will gather together INTERESTED, MOTIVATED and CREATIVE participants from

- Belgium
- Bulgaria
- Estonia
- Hungary
- Italy
- Latvia
- Netherlands
- Poland
- Romania
- Slovenia
- Spain

Participants' profile

Youth workers, trainers, educators, social workers, volunteers, interested into developing their skills who work with young people with fewer opportunities. The total number of participants will be 2 and they should have some experience related to the issues of the project.

Project partners will each select **two** participants, following the criteria listed below:

- Participants' vision of youth work – democratic and clearly articulated - and a desire to utilize new knowledge in their future activities
- The strength of their arguments to participate in the training course
- Experience in working with young people in disadvantaged positions or risky behaviours
- Their own socio-economic status, i.e. factors that hinder them participation in high quality training, such as geographical or financial obstacles
- Their availability and willingness to contribute to the project preparatory phase in order to provide the needs and expectations, which will shape the training programme to best fit their (and their organization's) needs

- Willingness to initiate and host an event in their own context to spread the word about coaching and Solutions Focus and use the tools they have developed to educate and help others.
- Adequate command of English as the working language of the course.

The goal of the selection process is also to ensure a diverse community of participants – people working in a variety of sectors and bringing in their diverse experiences to share and learn from each other.

Type of project

Training course (KA1- Mobility of youth workers)

Venue and accommodation

Frankolovo (Slovenia, northeastern part, near Celje)

The Training Course activity will take place at the organic farm near Celje, operated by our Slovenian partner organization. The participants will sleep in a barn - a large building, specially designed to host people. Additionally, there will also be tents available for those who would prefer to sleep outside. There are common bathrooms with solar showers and separate compost toilets. Room facilities are separated for males and females, basic privacy is granted for each participant.



**common big room in a barn. The stage is in the middle and around in circle are separated beds.*

This farm was chosen intentionally to serve as a learning environment. Hence the break time activities and food preparation will also contribute to the learning process. Participants will themselves take care of certain aspects of the wellbeing of the total group, like food preparation (with guidance of a cook) or dishwashing and other 'slow life' features.

Meal preparation will also be part of the learning process. Participants will have a chance to participate and express their creativity by picking up the vegetables from the ecological garden and learning how to cook according to principles of mindfulness, presence and gratitude. We will follow a vegetarian diet and will take into account any special diets and/or food allergies. Some emphasis will be placed upon not only preparing the meals, but also enjoying having them. This is a great metaphor for transferring habits into presence and mindfulness, required for ability to conduct meaningful coaching conversations.



**Barn on the outside*

Expectations and Rules during the project

Participants are expected to arrive in Frankolovo, Slovenia on 25th of August 2016, after 18:00, and to leave Frankolovo on 3rd of September 2016. Organizers will not provide any accommodation for additional stay in Slovenia. Participants are expected to attend the whole duration of the project and participate in all activities. If an emergency happens and they need to be absent for a short time, the team should be informed in advance. Also, they need to take care of European health insurance card.

Youthpass

Each participant will receive an Youthpass certificate. Youthpass is a part of the European Commission's strategy to foster the recognition of non-formal learning. It is available for projects funded by Erasmus+. As a tool to document and recognise learning outcomes, it puts policy into practice and practice into policy: While creating their Youthpass Certificate, the participants of the project have the possibility to describe what they have done in the project and which

competences they have acquired. Thus, Youthpass supports the reflection upon the personal non-formal learning process and outcomes.

Financial conditions

100% accommodation, food and 100% of the travel costs up to limits according to the distance calculator of Erasmus+ programme are covered.

Travel, travel costs and reimbursements

Slovenia has one major airport – Ljubljana airport or letališče Jožeta Pučnika. Other nearby airports are Trieste, Venice Treviso, Venice Marco Polo (Italy), Vienna (Austria) and Zagreb (Croatia). There are several airport shuttles, we recommend Goopti. The closest bigger city 30 mins from our venue is Celje. From there we'll organize transportation to the farm.

The participants are provided with 100% reimbursement of the travel expenses (but no more than the amount from distance calculator¹), on the basis of the documents stating the costs such as boarding cards, electronic tickets (in the case of lack of the cost on the electronic ticket please bring another document with the price stated), train tickets (2nd class, with the price stated), bus tickets (with the price stated), etc. Please bring the returning tickets (original, not copies) with you to the project (or send 2 weeks after the project if you need originals on the way back). Taxi is **not** eligible means of transport. Reimbursement of travel costs will be done by bank transfer to the sending partner organization only, upon presentation the original tickets with boarding passes and receipt/invoices (including return tickets) after the training course.

!!! NB: Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate stated on the official European Commission web-site at

<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

How to apply

¹ The travel budget is 275€/participant and 180€/participant from Hungary. Slovenian participants need to take care of their own travel arrangements and costs.

All you have to do is to be INTERESTED, MOTIVATED and meet our participant's profile criteria. To apply, please fill in the online application form accessible at:

<http://goo.gl/forms/X6CyrmbS78rlWGS42>

no later than **25th July 2016**.

After considering all received application forms, the selection team will notify you upon your success.

Looking forward to our co-creation!

Ribalon institute (coordinator) together with project partners

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