

EGYESEK YOUTH ASSOCIATION  
PRESENTS

# CHANGEMAKER

## 6.0

PERSONAL DEVELOPMENT  
TRAINING

2024



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Out of our experience, as Egyesek, in the youth work field over the last 20 years, we came to realize that what makes an **excellent youth leader or volunteer** depends on something more important and profound than knowledge and skills. These 2 dimensions are important, they give us a framework and tools to navigate in our professional life.

However, without **understanding why** we value some kind of information over others, or **why we believe** that certain actions are the right or the correct ones, we cannot be in full integrity or authenticity.

We think and act according to established patterns, and as long we don't acknowledge them and what is behind them, we are doomed to live life on auto-pilot, doing without purpose, and without meaningful direction.

Our capacity to succeed and find resources for improvement is limited by what we believe to be true about our reality. This can only be changed by focusing on our mindset: our attitudes, beliefs, prejudices, and preconceptions about ourselves, others, and the world.

As such we decided to bring forward training courses for those **actively involved in youth work**, and who want to improve their performance, based on the principles of **self-awareness, resourcefulness, and accountability**.

Our trainings use a methodology of personal development or self-reflection, which means that we will be focusing mainly on your mindset/attitudes rather than providing you with practical skills or models, unlike in more "regular" kinds of training courses.



## 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 for participants, who

- have experience in youth work: youth organization staff, volunteers, mentors, youth leaders
- are at least 18 years and able to communicate easily in English
- are willing to take part on a challenging program towards self-reflection
- will participate fully in the programme from the beginning to the end.

# WHAT EXPERIENCE CAN YOU EXPECT?

## 1. Self-Reflection (Day 1 to 4)

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 7)

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 7 & 8)

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+.



# MAIN TRAINER



Afonso Bértolo 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.

# PRACTICALITIES

Arrival day: **24th September**

First day of the program: **25th September**

Last day of the program: **2nd October**

Departure day: **3rd October**



## Creative Space

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.

More detailed information on the venue and on how to reach the place 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, and training materials are provided.
- There is a contribution of 70 €
- 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	360 €

\*For this training course, it's possible to use Green Travel with a bigger reimbursement budget. More information on this will be provided for those who get selected.

The training is coordinated and hosted by: Eqyesek Youth Association and co-funded by our Accreditation from the European Union through the Erasmus + Programme'.

**This is an open-call training, meaning a partner organization will be assigned to you upon your selection.**

**The call is open for residents of EU member states.**

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

Alexandra Vinczi (training@eqyesek.hu)

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# APPLICATION

*Click Here*

to apply until until 15th of August

\*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!

We uphold the right to change the dates of our trainings if it is necessary.