



Do you want to be a good leader?  
Do you need to strengthen your leadership skills?  
Are you a youth leader searching for inspiration?

## **BRAVEHEART - LEADERSHIP SKILLS FOR YOUTH WORKERS**

**3-PHASE TRAINING COURSE  
2017, CZECH REPUBLIC**

**APPLY NOW**

## WHY BRAVEHEART TRAINING COURSE

Most of the youth workers want to be good leaders and have leadership skills: to be inspiring and motivating, have clear vision and goals, to be able to lead a team. You can learn about leadership from books, training courses, seminars, TED talks, and youtube videos. However, it is a long-term practice and training that is essential for becoming a youth leader.

We prepared Braveheart based on our long-term experience in training youth, teachers and corporate leaders.

*"Braveheart is a three phase training course for youth workers. Its aim is to strengthen and advance leadership skills."*

The training course is based on the experiential and outdoor learning methodology that we've been using since 2006. We put stress on practical training with real effects rather than learning theoretical background. The ratio of practical training to theory is 80:20.

The training course is supported by the Erasmus+ program. Accommodation and food are fully covered. Travel expenses are covered according to the distance calculator. Participation fee is €150. You will get €100 back if you take part in all phases of the project.



## FOR WHOM

### WE ARE LOOKING FOR 24 PARTICIPANTS WHO:

- want to improve in **leading youngsters** and youth worker colleagues
- want to **feel more confident** while leading activities for youth
- want to learn how to **give and get feedback**
- want to raise and keep inner **motivation** of youngsters
- want to **create own project** linked to youth work (e.g. implement changes at your work; prepare and lead new project for youth; ...)
- are willing to work on **self-development** and reflect on learning process
- are ready to **take part in the whole project cycle** (3 meetings, individual work between)
- come from or live in following countries: **Croatia, Cyprus, Czech Republic, Hungary, Italy and Spain**
- are older than 18 years
- speak fluent English (minimum B2)
- work with youth regularly.

## WHAT YOU WILL EXPERIENCE

- explore yourself as a leader and assess leadership skills you want to develop
- learn about yourself from self-reflection and personal feedback from others
- stepping out of your comfort zone (e.g. sleeping 2 nights outside in a tent)
- taking part in physically and mentally challenging games
- group reflections and sharing
- plan and realize your personal project, prepare and lead different activities



## PROJECT OUTLINE



### FIRST PHASE: FIND THE LEADER INSIDE

experiential and self-exploring part (21 - 29 January 2017, 7 working days + 2 travelling days, Czech Republic)

Program:

- Introduction to the leadership
- Challenging team tasks and games
- Reflective discussions and sharing personal experience
- Interactive workshops
- Winter experience - hiking and sleeping 2 nights in a tent on the snow: step out of your comfort zone, experience group dynamics and work under pressure
- Setting the goals of your personal development

### INTERPHASE: INDIVIDUAL LEARNING

- Working on your personal development goals (putting in practice what you have learned)
- Coaching groups
- Planning your personal project

### SECOND PHASE: BECOME A BETTER LEADER

Developing leadership skills (19 – 23 April 2017, 3 working days + 2 travelling days, Czech Republic):

- Training of individual leadership skills (based on your personal goals)
- Activities led by participants
- Inspiring success stories
- Finalizing and presenting your project plan

### INTERPHASE: PLANNING AND REALIZING YOUR OWN PROJECTS

- Realizing your personal project
- Coaching groups

### THIRD PHASE: LEADING THE FUTURE

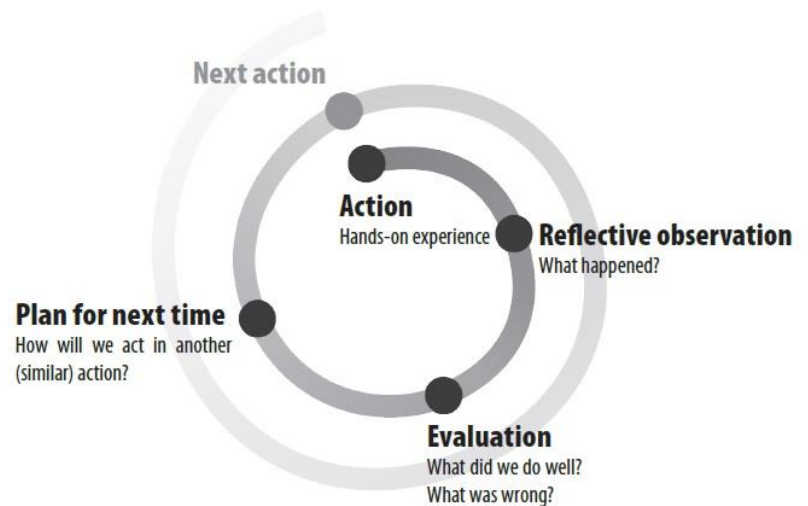
Leadership evaluation and future steps (24 – 27 August 2017, 2 working days + 2 travelling days, Czech Republic)

- Project presentations and evaluation
- Special canoe trip
- Planning the next steps in leadership development
- Celebration & reward

## PROGRAM AND METHODS

*"We work with the methods of experiential learning and non-formal education. We believe the most effective way of learning is by reflecting one's personal experience. We also put stress on sharing, feedback and learning from mistakes and success."*

**INTENSIVE PROGRAMME:** The training and the program will be intensive. We believe that by stepping out of your comfort zone you learn faster. We start in the morning and finish in the evening, the program usually takes from 8 to 10 hours per day. Your participation is voluntary, but the more you experience, the more you learn.



**GROUP DYNAMICS AND PEER LEARNING:** New challenging situations bring great opportunity for learning from each other. Personal experience is always unique and we enrich each other by sharing it. We will focus on the group dynamics and support the level of trust in the group to learn as much as possible.

**PERSONAL FEEDBACK:** To learn from each other, we need to know how to say the right things at the right place. We will practice the skill of giving and getting feedback to be able to use it more effectively.

**FROM THEORY TO PRACTICE, FROM TRAINING TO THE REAL LIFE:** After each phase, we expect you to put in practice what you have been learning. You might apply little changes to your everyday routines or change the way you work with youth. There will be coaching groups to support you during the interphases.

## PRACTICAL INFORMATION

### ORGANIZERS

The training course is organized by a non-formal group **Czekobanda** (Czech Republic). The trainers work for Outward-Bound Czech Republic and the Czech National Agency of Erasmus+. More information about us and our previous projects are available at our website [www.czekobanda.eu](http://www.czekobanda.eu)

### ACCOMMODATION

The **1<sup>st</sup> phase** takes place in Rychlebské hory in the Rychleby Ecocentre: [www.ekocentrumrychleby.cz](http://www.ekocentrumrychleby.cz)

There are shared rooms for two persons with showers and toilets in rooms.

**Food** – we will have two experienced cooks who are used to cook meat, vegetarian food and other kind of diets. We will use as much organic and local food supplies as possible.

**2<sup>nd</sup> phase** and **3<sup>rd</sup> phase** will take place in the Samechov training centre: [www.samechov.cz/en](http://www.samechov.cz/en)

There are shared rooms for two to three persons with showers and toilets in rooms.

### REGISTRATION AND CONFIRMATION

If you wish to apply for this training, please fill in the application form at: <https://goo.gl/forms/Xmm28D0tftmlBYvO2>

Please note that only the registration form that have been fully completed will be eligible for enrolment.

Do not book your tickets before we confirm your participation.

### PARTICIPATION FEE

The participation fee €150 needs to be paid in 7 days after receiving the confirmation letter. We will give back €100 to each participant who will take part in all three phases of the training course.

If you have difficulties with paying the participation fee, contact us about other possible options.

The training course is supported by the Erasmus+ programme. Accommodation and food are fully covered.

### CANCELATION FEE

If you cancel your participation more than 6 weeks before the 1<sup>st</sup> phase starts, we will reimburse 100% of the participation fee.

If you cancel within 6 - 3 weeks before the 1<sup>st</sup> phase starts, we will reimburse 50% of the participation fee.

If you cancel 3 weeks or less before the 1<sup>st</sup> phase starts, we won't reimburse the participation fee.

## TRANSPORT

Depending on the distance of your travel, we have a budget for covering your costs (see the table below).

For searching the public transport in the Czech Republic use this website: [www.idos.cz](http://www.idos.cz)

Country of residence	Maximum travel expenses per participant		
	1 <sup>st</sup> phase	2 <sup>nd</sup> phase	3 <sup>rd</sup> phase
Croatia	275 €	275 €	275 €
Cyprus	360 €	360 €	360 €
Czech Republic	180 €	180 €	180 €
Hungary	180 €	180 €	180 €
Italy	275 €	275 €	275 €
Spain	360 €	360 €	360 €

Please consider environmental friendly modes of transport (trains, buses).

## WHAT TO DO NOW

To apply, fill in the application form: <https://goo.gl/forms/Xmm28D0tftmlBYvO2>

We receive the applications till 30<sup>th</sup> November 2016

Do you want to know more?  
Feel free to contact Edita at:



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