

MIND, BODY, MESSAGE -
TOOLS TO INCREASE
YOUTH WORKER'S IMPACT



MIND, BODY & MESSAGE builds integrity in NGO communication, improves entrepreneurship of youth workers, supports cross-sectoral networking to create and maintain recognition and support systems for youth work.

The MIND creates your state. **The BODY** shapes your way of expression. **The MESSAGE** delivers your values, purpose and idea to the others. All these three together bring you the dreamed result through awareness using different tools.

The target group is youth workers: trainers, coaches, mentors, staff, peer educators, facilitators of non-formal learning. Colleagues of local government, schools, business from partners' local networks may join.

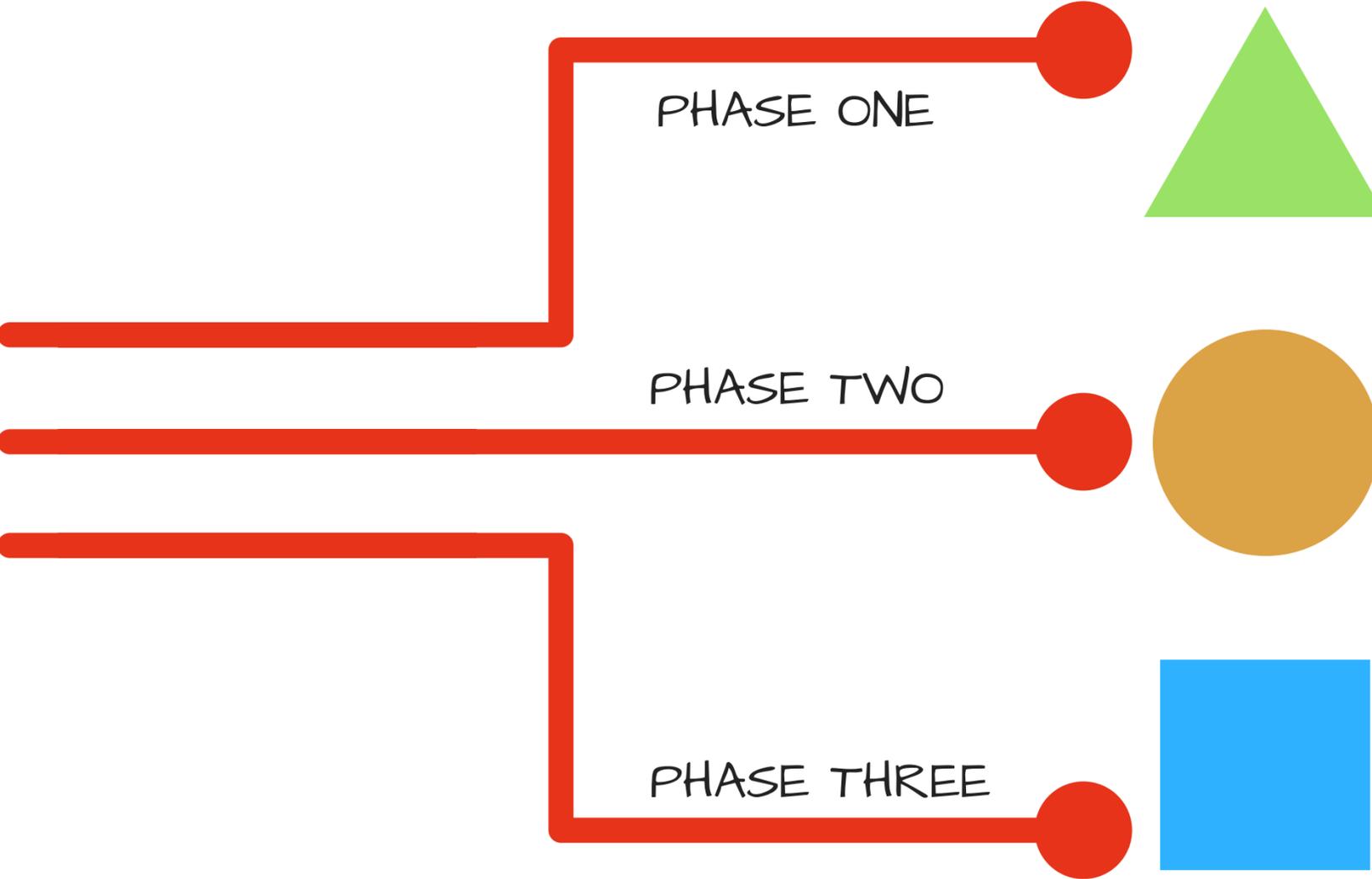


The **objectives** of MIND, BODY & MESSAGE are:

- to share best practice of training and coaching entrepreneurship of youth;
- to improve communication and entrepreneurship skills of youth workers;
- to build NGO capacities for cross-sectoral networking;
- to raise the recognition of non-formal learning and youth work;
- to encourage the dissemination and the creation of international projects among local youth NGOs within Erasmus+ .

MIND, BODY & MESSAGE shares best practice of the business and adult education sectors with youth workers to support both their colleagues and target groups. This enhances their capacities to engage young people and local stakeholders. They offer youngsters and staff a new perspective of growth and strengthen cooperation among different sectors which reinforces local support system for both youth and NGOs.

MIND, BODY & MESSAGE is a 3 phases training course. Each trains another aspect of entrepreneurship and communication, share tools adaptable to the work with the target groups, staff and network members. The TCs are built up in a way, that they make sense alone, as well as a series of any 2 or all 3 of them. The three parts are thought in a way to complete each other and give a chance to put in use what one have already learned from the previous phase. The idea with each step is to upgrade the capacity of the youth workers.



PHASE ONE

Phase 1 - MIND: We form our core values and message and create a network. We train initiative and creativity by exploring thinking and behavior patterns. We share self-coaching and outdoor methods.

PHASE TWO

Phase 2 - BODY: We train body awareness to synchronize content and expression. We train entrepreneurial skills by dance techniques.

PHASE THREE

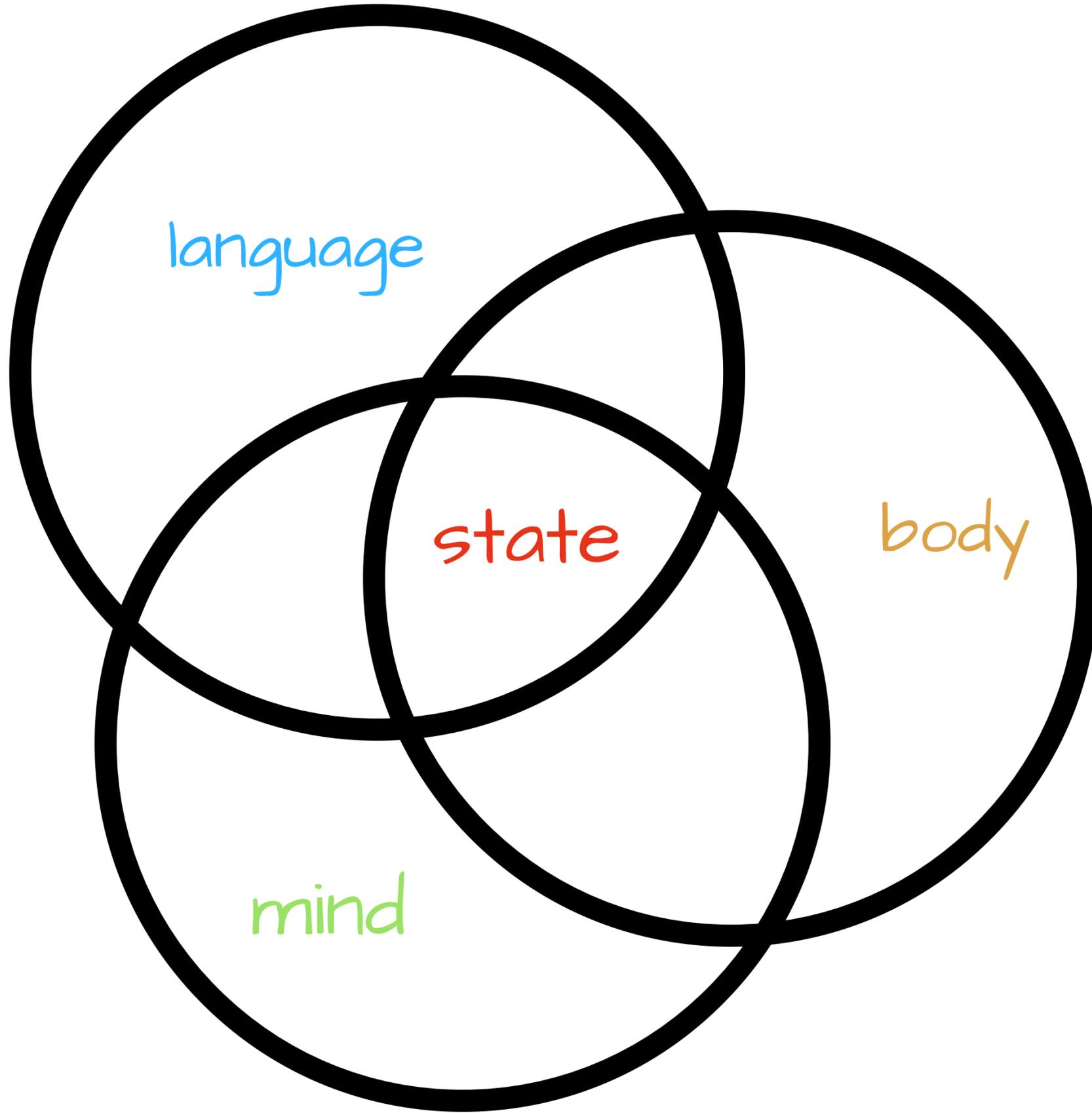
Phase 3 - MESSAGE: We learn to deliver our message by training presentation skills, share tools and techniques of meetings and public presentation.



The three phases can be done as an individual units and any 2 or all 3 together.



After each phase we are going to have dissemination events implemented by the participants in their home countries.



Theory 1

Theory 2: Hand - Heart - Head

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In the field of business and personal change, there's a pattern that keeps coming up. It is called 'head, heart and hands'. You may have come across it in other forms, such as 'cognitive, affective and behavioral' or, in more common parlance, 'thinking, feeling and doing'.

The 'head, heart and hands' form three learning areas.



“Head” responds to the cognitive domain of learning as it “stores” all psychological and intellectual functions that allow us to understand the world and form rational judgments about certain things.



“Heart” responds to the affective domain of learning. As we are in believe that learning is not only a mental process, but that it is also influenced by our feelings. Emotions stimulate our learning and determine whether we are confident in this learning. Only when we have strong feelings about it do we believe something and give significance to it.



“Hands” responds to the psychomotor domain of learning. What one has in mind with “hand” is our practical activity in which manual dexterity and physical strength are combined with common sense and will power in productive action. The psychomotoric area is responsible not only for physical skills, but also for precision, coordination and manipulation. We are strongly convinced that the body is a mediator in learning because it collects all senses that inform us about the world around



Theory U proposes that the quality of the results that we create in any kind of social system is a function of the quality of awareness, attention, or consciousness that the participants in the system operate from.

Theory U is a method of learning and management created by Otto Scharmer. The principles of theory are suggested to help political leaders, civil servants, and managers break through past unproductive patterns of behavior that prevent them from empathizing with their clients' perspectives and often lock them into ineffective patterns of decision making.

Every person should be able to work with open mind, open heart and open will. Every conversation should be one of 'presencing' (which combines the words 'presence' and 'sensing'), in which unexpected creative ideas pop-up every time. Departments or firms do not look at their personal gain in a project or product, but seek to work for the greater good of society. And finally, a Leader's most important job is to create context for improvement.



The foundation of Theory U lays in the personal attitudes of people in conversations. There are actually **THREE INSTRUMENTS** every person should use to work on a co-creating level: an open mind, an open heart and an open will.

An **open mind** means being able to set aside your ‘voice of judgment’. Prejudging situations or other people hinders human creativity and presence.

An **open heart** means to beat your inner voice of cynicism. You have to be able to be your authentic self and to dare to be vulnerable if you really want to co-create.

Thirdly, an **open will** is necessary. People need to be willing to give up what they have, a spiritual condition for co-creating.

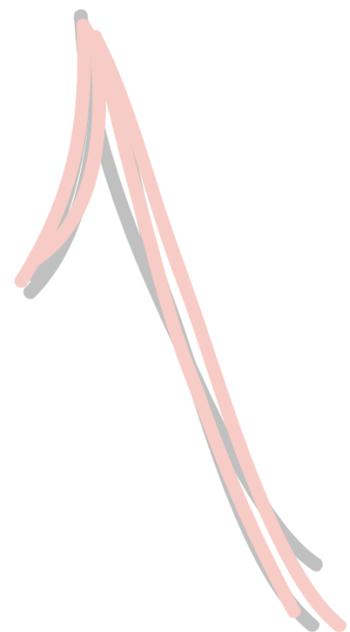
Again, true change can only emerge when people are willing to approach every situation with open mind, heart and will, to be able to respond to it the moment it emerges.

About the phases

Entrepreneurship is the new way of implementing ideas. It is a trainable competence, as like all the other competences it needs a lot of practice, and you need to do actions in order to develop it.

Through practice you have the chance to experience active participation and involvement, how you can be the creator of your own workplace and make it sustainable for yourself. In order to increase our impact – from our perspective – we need to train 3 main components. Brevity, Clarity and Value. On each and every phase you have the possibility to train all these 3 components, in order to create your own impact.

The TCs are built up in a way, that they make sense alone, as well as a series of any 2 or all 3 of them.



Phase 1: “To create more successes in life while enjoying it”

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Phase 1: MIND

The secret of the training is in the "how".

As a participant you are going to have the chance to see things from a totally different perspective. To do actions, to act and share, and act and share – all in order to make a progress in your learning.

The program is super intense, we work from the morning till late evening, in order to create the maximum opportunity for those who are willing to learn and create. The build-up of the training is similar to a sports training, every day we do a bit more and we use the previous experiences as a common base to build upon them. Through personal development you will have the chance to improve your skills and gather knowledge in coaching and monitoring. We are going to take planning and project management skills and analyse them step by step to create the clearest possible understanding. By doing this we practice how to use them.

- ★ DAY 0 ★ Arrival. Getting to know the surrounding. Registration.
- ★ DAY 1 ★ Introduction, ground rules. Handling concepts, thoughts. Key concepts. Setting learning goals.
- ★ DAY 2 - 3 ★ Exploring individual working styles, trust, playfulness.
- ★ DAY 4 - 5 ★ Making it practical. Start creating plans. Preparation for outdoor.
- ★ DAY 6 - 8 ★ Outdoor training.
- ★ DAY 9 ★ Understanding and planning for home. Finalising plans. Asking the last questions. Motivate yourself.
- ★ DAY 10 ★ Evaluation and closing. Identifying results and learning outcomes.

Phase 2: “To learn how to play on my own instrument”

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Phase 2: BODY

In this training we are going to focus to train skills of nonverbal communication, to learn techniques and methods for creation.

Skills, competences which are going to receive the focus on this phase:

- body awareness: breathing, posture, movement, gestures and mimics;
- perceiving and directing our macro and micro muscle movements in order that our expression is more matching our intentions and less automatic;
- spatial awareness and coordination: movement in relation to space, time and other people;
- mapping interactions, developing partnerwork & teamwork, ability to dynamically switch roles and positions in a process;
- Body movement - experimenting, testing and practicing as a tool of growth;
- techniques of dance to train communication and entrepreneurship skills, contact improvisation, video feedback, improvisation;
- performance as a tool of awareness-raising: creating a performance, form and express a message.



DAY 0: Arrival and arranging the practicalities.

DAY 1: Warm up. First movements. Experimenting with Space.

DAY 2: My movement. To figure out what kind of movements, gestures and mimics are easy to make and which takes more effort. Identifying the mission, message on which you gonna work.

DAY 3-4: Dance with me. The focus is going to be on the interactions with others. Activities are taken from clowns and actors.

DAY 5-6: Rehearsal. Preparation for the performance day, with consultations and inputs from different body movement techniques.

DAY 7: Performance. To create a performance which shows the message of yours. A performance which is summarizing the mission of each and every individual.

DAY 8: Stretching. Debriefing the performance experience. Making plans for home, and creating a specific move.

DAY 9: Last move. Evaluation and Closing.

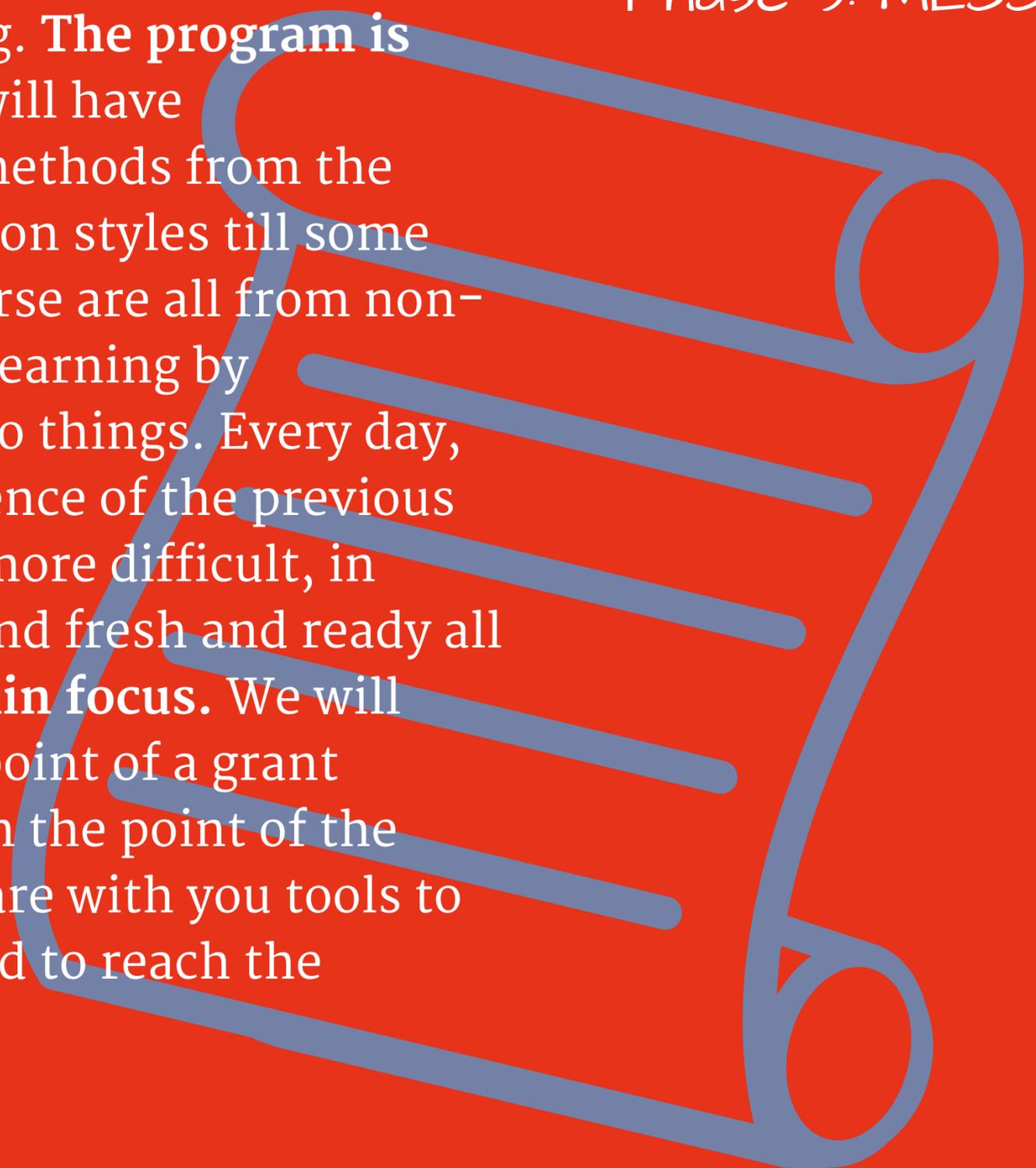
Phase 3: “What you give is what you get”

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Phase 3: MESSAGE

We are going to work from morning till late evening. **The program is super intense and very well packed.** Participants will have opportunities to experience and explore different methods from the basics of NLP, through the 4 different communication styles till some art therapy. Activities what are planned for the course are all from non-formal educational activities and by which you are learning by experience – meaning that we are going to do and do things. Every day, every session is going to use the knowledge/experience of the previous ones and build on it, every step is going to be a bit more difficult, in order that we keep our brain, body and state alive and fresh and ready all the time. **Your enterprise or project will be the main focus.** We will have a look from many different angels. From the point of a grant agency, from the point of a business company, from the point of the target group. With the activities we are going to share with you tools to reshape, reframe and reform your idea if it is needed to reach the dreamed goal/destination/target/aim.



DAY 0: Arrival and arranging the practicals

DAY 1: Creating the base

We are going to set the frame of the training and create together the playground of the group.

DAY 6: MY big day

During this day participants are going to be outdoor. Each and every participant is going to receive an individual challenge plus they are going to have a chance to present what they prepared for.

DAY 7: OUR big day

From the individual challenges we move one level upper and we accomplish a group challenge together.

DAY 8: Planning and closing

The last day is dedicated to finalise the master plans of disseminations. It is also there to close the relationships between each other and to evaluate the program.

DAY 2-5: Preparation phase

You will have a chance to go through processes, which support you to see your own ways and to experience how they work in a group context. All the activities are designed in a way that they prepare you to be able to do a presentation on DAY 6.

We are going to deal with the topics of:

- 4 different styles of communication
- assertive communication
- intercultural conflicts
- VARKOG modalities
- body awareness
- body language
- state management
- presentation skills

+ONE

In case you gonna apply for all the 3 phases, and you decide to go through the whole journey with us, we offer you coaching sessions in between the phases.

Everybody who commit themself to the whole project are going to have a possibility to have 3 coaching session.



I am Norbi, having a BA degree in Business IT–Specialised for the Bank sector. I started working with youth in 2007. During this time I got thrilled by the experiential learning. My discovery started with a basic synergy training then got trained in coaching and systemic work, also I am a certified NLP Master Practitioner. I was part of the NGO life for more than 5 years, and lately I work as a freelance trainer and as an entrepreneur. Lifelong learning become part of my life and learning became my passion in these years. I am doing training courses and coaching–consultation session in order to support the learning of the people. I believe in the fact that, each and every person is having all the resources what they need in order to achieve their goals. In the past 2 years my main focus is: how we, as human beings, can create long term impact for our lives.

You are going to meet me in all the phases of the project, and you are going to have the possibility for skype coaching sessions with me if you enrol for the all three phases.

My favourite quote is: The problems we face cannot be solved at the same level where they were created. The move which creates my biggest joy is jumping, and I belong from the promoter quadrant.

Marija Wazi

I am Marija and I am a trainer specialized in the field of personal development and soft skills, communication, coaching and social entrepreneurship. My focus is young people with fewer opportunities and I am currently finishing my PhD thesis on the long-term impact of self-development trainings on the participants' lives. I am a founder and a vice-president of two NGOs - Brno Connected, where I deal with international projects, and an Ukrainian initiative of South Moravia, where I work with Ukrainian community and the way this minority communicates its culture to other people living in Czech Republic. Currently I became a mother of twins, so being creative and innovative transformed into a new level for me.

You are going to meet me in phase 1 together with Norbert Hochstein.





I am Zsiday Kriszta and my favourite movements are rolling, ice climbing. My body is my best friend and the most challenging obstacle from time to time. Our first meeting was at the age of 6 when my schoolmates told me that I am fat as a pig. This moved me all through many years of figure skating and running with clenched teeth. Then speed skating, basketball, rumba, cha-cha-cha and rock-and-roll followed. Got myself to the Himalayas, climbing peaks over 6000 meters and diving seas into the underwater caves. How much a human body can do? Still. From time to time I faced problems to express by words what is inside me. Even if having a MA degree in communication. I stopped. I meditated and my body was only a shell to host my brain and soul. During this I understood that what I am interested in is not that how I can move my body, but what is happening inside me when I am present in my body. I received my extensive education and preparation at the Integrated Expression and Dance Therapy Association (2008-2017) to become a group leader with this specific method. I work mostly with non-verbal methods, drawings, moving, music, theatre and many more. The process oriented approach brings creativity, spontaneity of life. The authentic movements, imaginations, symbols, personal myths are welcome to build a whole-some human. As a guide in this field I invite you to play, to experiment with what is there in your body, in your movements. I create playing fields where one can go out on a quest, research on various topics in a safe and guided atmosphere. When I say movement or dance, it does not mean choreography, beautiful or show. A simple touch can be a dance. There is a constant dance in you, in our connections in our everyday life.

You are going to meet me in phase 2 together with Norbert Hochstein.

Anna Sipos

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I am Anna Sipos and I am a trainer and a Co-Founder of ReCreativity Social Enterprise what I am managing for the past 5 years.

I am leading trainings in the fields of social entrepreneurship, personal development and sustainability. In the past years I keep myself busy with sharing my experiences about starting an enterprise and creating cross-sectoral cooperations between different organisations who work for the same vision. In this training course I am especially inspired by supporting people in shaping their project and business ideas, their messages in a way that they can reach wide public.

You are going to meet me in phase 3 together with Norbert Hochstein.



Madlen Nenkova

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My name is Madlen Nenkova and I come from Bulgaria. I am in the NGO field for 9 years now and the topic of entrepreneurship, communication, connection, personal and professional development has always been a focus of my work and my own path. Since 2016 I own an organization called YOUTHub which also works in the field of the above mentioned areas.

I am happy to join the team of MBM project. My intention is to give my best, put more effort and energy than it is required, learn and expand my expertise in the field of coordinating projects, create my own style and vision about it as well as teamwork. Some of you are going to meet me in phase two and three in person but definitely I am the one you will communicate the most through the training – starting from the application process till after you have your dissemination done and reimbursements. You will be responsible to check your e-mails as I am going to send you some. If have any questions or troubles – I am the one to contact. I believe that anything is possible as long as you give yourself to it.



The organisations who are involved in this project, are in cooperation for many years so far. They are all part of an international, informal network and sharing common vision to implement this project.

Organiser is Qualitimpact Informal Group whose members are going to take care of the implementation, each and every single action in order to create the highest quality project, and to offer the possibility to each and every person – who are involved – to reach their goals.



<https://www.facebook.com/qualitimpact/>



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Phase 1: Hungary

13/05/2018 – 22/05/2018 (10 days)

Deadline to apply: 1st of May



Phase 2: The Netherlands

20/08/2018 – 28/08/2018 (9 days)

Deadline to apply: 12th of July



Phase 3: Hungary

17/11/2018 – 24/11/2018 (8 days)

Deadline to apply: 11th of October

Once you are offered a place as a participant and you agree to join all the three phases you will be given a **contract** which will serve as a commitment to participate to all three trainings and disseminate the results in your home countries.

We remind you that there is '+ONE' if you enroll in all three phases from the beginning which gives you the opportunity of 2 coaching sessions, each after each phase.

Travelling costs

This training course is supported by the Erasmus Plus programme. In case you provide all your original travel tickets and invoices we reimburse your travel costs up till the following amounts / person / country:

180 EUR
Czech Republic

275 EUR
Bulgaria, Greece, Italy, Latvia,
Lithuania, The Netherlands, Turkey.

Contribution fee

There is a 70 euros participation contribution for each phase paid in cash, on the arrival day.

If you are applying and committing for the 3 phases the contribution is 210 euros paid in cash on the arrival day of the first day.



We remind you that you could apply for the three phases separately but our intention and vision for this project is to work with youth workers through all the three phases. This way we give YOU an opportunity to upgrade their communication and entrepreneurial skills for strengthening the local support system for both youth and NGOs.

Please submit either an application form 1 (for all three phases) or for the individual trainings you wish to participate. Participants submitting an application form 1 and any of the others won't be considered.

Confirmation:

You will receive confirmation whether you have been approved to participate via e-mail. If you do not manage to respond in 3 days your place will be given to another applicant. In order to secure your place at the training course you will have 5 days to buy your two way ticket and send us an invoice.



All phases:
Apply here



Phase 3:
MESSAGE
Apply here



Phase 2:
BODY
Apply here



Phase 1:
MIND
Apply here



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MIND, BODY, MESSAGE - TOOLS TO INCREASE
YOUTH WORKER'S IMPACT has been co-funded by
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Erasmus+