

Gathering for Trainers on Life Management competences

5 - 11 May, 2025, Trakai region, Lithuania

Preliminary training programme

05.5	06th May	7th May	8th May	9th May	10th May	11.5	
Arri- val day	Well-being spaces Breakfast						
	Getting to know each other	Exploring Trainers' Professional Identity	Physical well-being Expedition to the nature	Emotional (self) management	Integration of learning through optional session of coaching/ planning/ intervision	Depart- ure day	
	11.30-12.00 Morning break						
	Learner not Trainer - letting it go!	Seeking training opportunities	Expedition to the nature	Emotional (self) management	Integration of learning through optional session of coaching/ planning/ intervision		
	13.30-15.00 Lunch break						
	Outdoor experience	Trainer Life hacks: legal, financial, travel	Exploring holistic aspects of trainers' work	Stress management and burn-out prevention in trainers' work	International trainers' cooperation ideas		
	16.30-17.00 Afternoon break						
	Collecting questions/ needs/ issues	Daily reflection	Free time	Daily reflection	Youthpass Final evaluation		
	19.00 Dinner						
Welc ome ev.	Well-being spaces	Well-being spaces	Sauna night	Well-being spaces	Farewell evening		