



Co-funded by
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mudita
FOUNDATION

LEADERS OF TOMORROW

IKIGAI COACHING FOR YOUTH DEVELOPMENT

ERASMUS+ TRAINING COURSE
1-9 AUGUST 2026, POLAND

INFOPACK



ABOUT THE PROJECT

Leaders of Tomorrow: Ikigai Coaching for Youth Development is an Erasmus+ training that equips youth workers with practical coaching skills to support young people in finding purpose, building resilience, and improving well-being.

Using the Ikigai framework, participants explore strengths, values, and aspirations, combining coaching with body-awareness and somatic practices. Through non-formal, experiential learning, they gain tools to foster self-awareness, motivation, and personal growth.

The project also supports international exchange, collaboration, and the creation of a lasting network among youth workers across Europe.

AIMS

- Train Youth Workers in Ikigai-based Coaching Skills
- Equip Youth Workers with Practical Coaching Tools
- Integrate Body-Awareness Techniques into Youth Work
- Foster Ongoing Collaboration Among Youth Workers

What is IKIGAI?

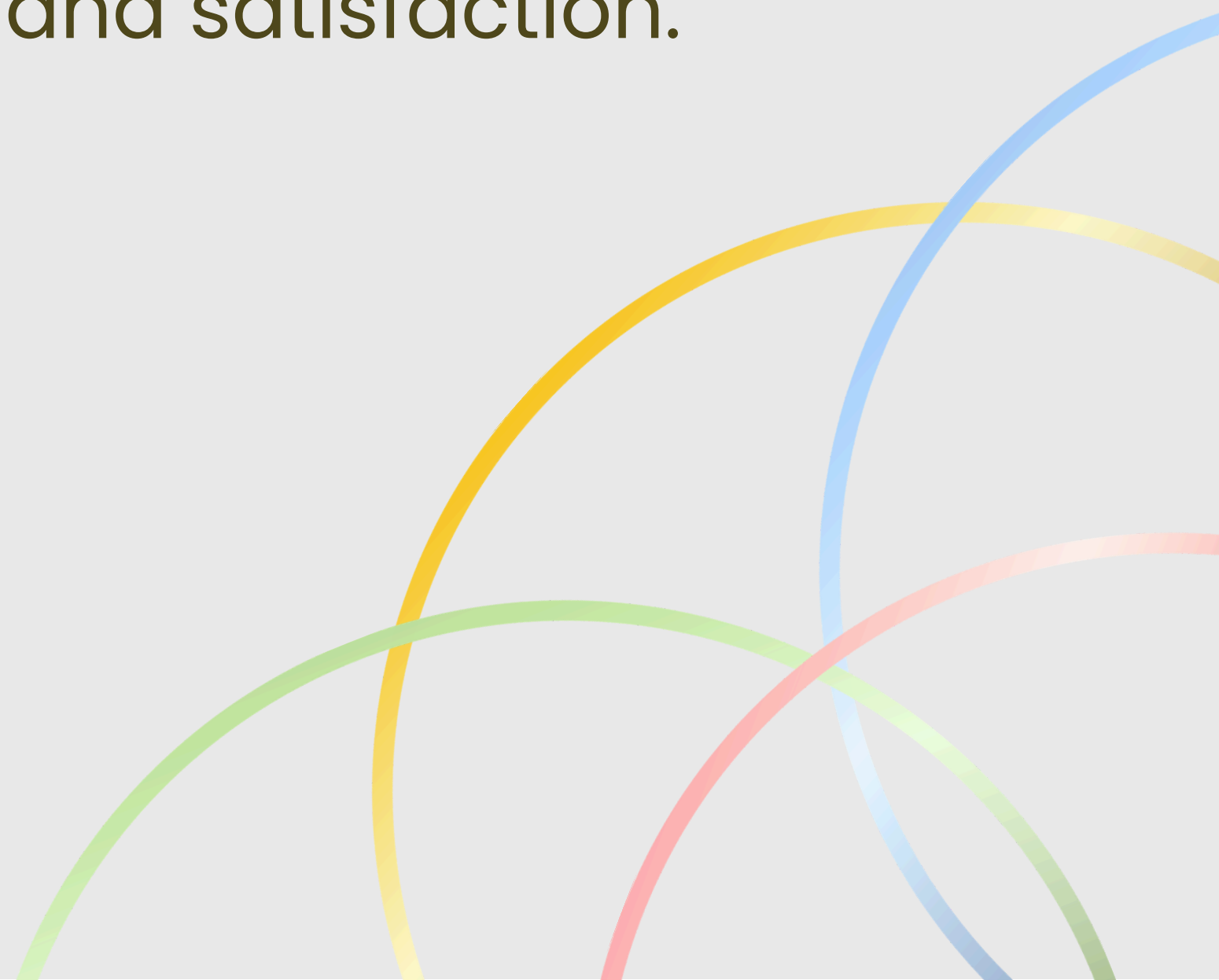
IKIGAI is a Japanese concept that represents the intersection of what you love, what you are good at, what the world needs, and what you can be paid for. It is often described as your “reason for being” - the sweet spot where passion, mission, vocation, and profession meet.



The model encourages self-reflection and mindful exploration of personal strengths, values, and aspirations. By understanding your Ikigai, you gain clarity on your purpose, increase motivation, and foster resilience in facing life's challenges.

In youth work, the Ikigai framework is a powerful tool for helping young people navigate uncertainty, build confidence, and make meaningful choices for their personal, educational, and professional growth. Through practical exercises, coaching techniques, body-awareness and reflective practices, youth workers can guide young people toward a balanced and purpose-driven life.

Ikigai is not just a concept – it's a practice. By connecting inner passions with outer contributions, it inspires action, engagement, and a life full of meaning and satisfaction.



PARTICIPANTS

- Working with youth in formal and/or non-formal settings
- Readiness to work with touch-based exercises in consensual setting
- Ability to commit to an intensive 6–7 hour daily schedule
- Willingness to share emotions and personal experiences
- Ability to communicate in English
- Over 21 years old
- Readiness and commitment to organise local workshops inspired by the training



VENUE

WATASZKA GUESTHOUSE

Located in the upper part of Wójtowice in the Bystrzyckie Mountains (over 700 m above sea level), the house reflects classic Sudeten architecture, carefully renovated to preserve its regional character. Wooden interiors create a warm atmosphere, with spacious rooms, private bathrooms, and beautiful views of the surrounding nature.

The kitchen serves nourishing, home-style meals made from fresh, seasonal, and local ingredients, with vegetarian and vegan options available. Limited internet access encourages slowing down and reconnecting with nature and yourself.



PRACTICALITIES

Accommodation, food, and travel costs (up to the reimbursement limit) are **fully covered** by the Erasmus+ program.

Participant Contribution

To help cover part of the costs of food and workshop materials used during the training, participants are invited to make a voluntary contribution to support the project.

A contribution of 60–100 EUR, depending on your personal possibilities, would be greatly appreciated and will help us provide quality materials, shared resources, and more diverse meals throughout the activity.

Insurance

Participants are responsible for arranging their own travel insurance, including health/medical coverage, for the full duration of the training.

REIMBURSEMENT LIMITS

Regular Travel

- Reimbursable: Economy class flights, train, and bus tickets.
- Not reimbursed: Taxi fares, business class flights.

Green Travel (Preferred Option)

- Includes: Train, bus, or carpooling.
- Additional funding for overnight stays may be provided.

COUNTRY	Regular Travel	Green Travel	Maximum Travel Days (Green Travel)
Poland	181 €	255 €	2
Austria, Czechia	181 €	255 €	4
France, Croatia	279 €	387 €	4
Italy, Spain	279 €	-	-
Portugal	365 €	-	-

MEET THE TEAM

We first met through an international project, and since then our collaboration has continued, leading to several successful projects together. This new initiative is our next shared adventure, and we are very excited about it!

We enjoy working together and are guided by shared values of honesty, respect, and mutual support. Through this project, we aim to create a welcoming space where youth workers can explore their own purpose, strengthen resilience, and discover new ways to support young people's growth. Our goal is to help participants connect with their strengths, values, and aspirations, making self-awareness and purposeful action practical and accessible in their everyday work with youth.



SYLWIA FEDERICO

FACILITATOR



I am a non-formal educator passionate about learning and supporting people in connecting more deeply with themselves and others. I work in the areas of empathic communication, embodiment, and group facilitation, creating spaces where participants can feel safe, seen, and engaged.

I design and facilitate learning experiences for young people and adults that combine experiential learning, body awareness, and interactive methods. I focus on creating safe and inclusive spaces where participants can explore communication, develop self-awareness, and practice more conscious and respectful ways of relating.

Through my work, I aim to support people in building emotional resilience, expressing themselves authentically, and strengthening their capacity for connection – both with themselves and with others.

ANGELIKA MIZIŃSKA

FACILITATOR



I am a somatic movement educator, dance practitioner, choreographer, and facilitator working at the intersection of movement, embodiment, relational learning, and ecosomatics. I have been engaged in dance and somatic practices, combining choreography and improvisation with educational work in both group and individual contexts.

My work is grounded in an experiential approach to anatomy, attention, and relational awareness. I use movement and choreographic thinking to support embodied learning, communication, and connection with others and the environment.

I am a certified Somatic Movement Educator in the Body-Mind Centering® method.

MAGDALENA SZYMAŃSKA

FACILITATOR & COMMUNICATION BUDDY



I am a psychologist, economist, and experienced project manager with a strong background in Nonviolent Communication (NVC) and coaching techniques. Over the years, I have designed and coordinated educational projects in Poland and Spain, creating inclusive spaces that support personal growth, self-awareness, and meaningful connection.

My work and interests focus on helping individuals develop emotional and body awareness, strengthen communication skills, and deepen their connection with themselves and others. I support participants in discovering what they truly need and want, fostering purposeful action, self-care, and authentic living. I am passionate about guiding others in their personal and professional growth, empowering them to live with clarity, resilience, and a stronger sense of purpose.

WANNA JOIN?



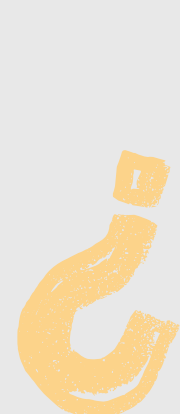
APPLY HERE



Application
Deadline
19.04.2026



Selection DATE
24.04.26



ANY QUESTIONS



CONTACT US AT:

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PROJECT PARTNERS

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