

# Harmony Within

## *Empowering Self-Care Practices for Youth Workers*

Sunday, June 14th – Sunday, June 21st, 2026

(including Travel days)

Woodstown, County Waterford, Ireland

**Woodstown Residential and Activity Centre (WRAC)**



# Information for Participants

## Aim of the Project

'Harmony Within: Empowering Self-Care Practices for Youth Workers' is a transformative Training Course designed specifically for professionals working with young people. This Course focuses on fostering self-care, well-being, and resilience among youth workers, enabling them to provide the best support to the young people they serve.

The Harmony Within Training Course is designed to equip youth workers with the knowledge, skills, and tools to effectively support their mental wellness and follow psychological hygiene basics. This comprehensive Programme focuses on promoting positive mental health, resilience, and well-being among youth workers, while also addressing the unique challenges and pressures they face in today's society.

Throughout the course, participants will explore various aspects of mental wellness, including understanding common mental health issues among young people, identifying early signs of distress, and implementing strategies for prevention and intervention. The training will cover evidence-based approaches, practical techniques, and self-care practices that can be integrated into the daily work of youth workers.

## Key Subject Areas

- **Understanding Self-Care:** Exploring the concept of self-care and its significance in maintaining personal and professional well-being. Exploring the importance of mental health and psychological hygiene
- **Identifying Individual Needs:** Recognizing personal strengths, values, and triggers to better understand individual self-care requirements
- **Boundaries and Balance:** Establishing healthy boundaries and achieving a harmonious work-life balance to prevent burnout and compassion fatigue
- **Nurturing Emotional Resilience:** Developing strategies to enhance emotional resilience, manage stress, and cope effectively with challenging situations
- **Mindfulness and Self-Reflection:** Cultivating mindfulness practices and utilizing self-reflection techniques to increase self-awareness and self-compassion
- **Self-Care Rituals and Practices:** Exploring a range of self-care rituals, techniques, and activities that can be easily incorporated into daily routines

- **Creating Supportive Environments:** Promoting self-care within the workplace, fostering a culture of well-being, and encouraging peer support among youth workers
- **Sustaining Self-Care Habits:** Developing action plans and accountability measures to ensure long-term commitment and sustainability of self-care practices.
- **Self-Care for Youth Workers:** Highlighting the importance of self-care and providing practical self-care techniques to prevent burnout and maintain personal well-being
- **Early Intervention and Prevention Strategies:** Learning to recognize early signs of distress and implementing proactive measures to prevent mental health concerns.
- **Building Resilience and Coping Skills:** Equipping youth workers with tools and techniques to foster resilience, enhance coping skills, and promote well-being.

## Outcomes

- Participants will have developed effective techniques around stress management and will have created a personal 'toolbox' of self-help techniques
- Participants will gain a deeper sense of self-awareness, learn effective self-care strategies, and develop the resilience needed to navigate the challenges and demands of their profession
- By embracing self-care practices, youth workers will be better equipped to build authentic connections with youth, provide empathetic support, and create a positive and empowering environment that fosters the well-being and growth of the young people they engage with
- By the end of the course, participants will be empowered to create supportive environments, recognize mental health concerns, and provide effective guidance and assistance to promote the overall mental well-being within their organisations

## Approach and Methodology

This Training Course will be based on non-formal and informal education with a self-directed learning approach.

During this course, participants are responsible for their own learning and the facilitators provide activities, and guide the participants through their own learning process.

The Training Course will be characterised by highly participatory, interactive and experiential methods. We'll be outside in the natural environment of forests, coastline and mountains some of the time, so **it's important that participants will be prepared for all weathers!**

Some sessions will be complemented by theoretical inputs, and all of them will be followed by group reflection or self-reflection.

## Timetable of Activities

*Please note that this timetable is indicative only – we'll send a completed plan of the activities once the group has formed*

Day	AM	PM
14.06 (Sunday)	Participants arrive all day long at different times.....	Arrival of participants and a welcome evening; Getting to know each other  7pm – Welcoming Dinner
15.06 (Monday)	Topics of the day: <b>Trust, Mind-Body Connection</b>  10am. Ice breakers and getting to know each other and the Project  11am. Priscilla – Breathing; stretching; meditation, body awareness; emotions  1pm. Lunch	3pm. Varsik - Introduction to the topic of the project and getting the general understanding of the project flow  Hopes and Contributions  6pm. Final Exercise of the day – implemented by participants  7pm – Dinner
16.06 (Tuesday)	Topics of the day: <b>Reflective Practice, Self-awareness, Mindfulness Practices.</b>  10am Priscilla – Breathing; stretching; meditation, massage; energisers; body awareness; emotions; and other lovely things  1pm. Lunch	3pm.  Self-Reflection and Self-Awareness  Art therapy as a tool to increase self-awareness  6pm. Final Exercise of the day – implemented by participants  7pm – Dinner  9pm. Trad music session at Power's Bar in Dunmore East

<p>17.06 (Wednesday)</p>	<p>Topics of the day: <b>Self-Compassion, Forgiveness.</b></p> <p>10am. Priscilla – Breathing; stretching; meditation, massage; energisers; body awareness; emotions; and other lovely things</p> <p>1pm. Lunch</p>	<p>2pm. Trip to the mountains and coastline of County Waterford</p>
<p>18.06 (Thursday)</p>	<p>Topics of the day: <b>Discovering inner resources.</b></p> <p>10am. Priscilla – Breathing; stretching; meditation, massage; energisers; body awareness; emotions; and other lovely things</p> <p>1pm. Lunch</p>	<p>2pm.</p> <p>Varsik &amp; Priscilla - Positive psychology activities.</p> <p>Emotional Resilience.</p> <p>Mental health through nature.</p> <p>7pm. Dinner</p>
<p>19.06 (Friday)</p>	<p>Topics of the day: <b>Positive Psychology, Love.</b></p> <p>10am. Priscilla – Breathing; stretching; meditation, massage; energisers; body awareness; emotions; and other lovely things</p> <p>1pm. Lunch</p>	<p>3pm Tour around the coastline practicing techniques</p> <p>Self-Care Rituals and Practices</p> <p>6pm. Final Exercise of the day – implemented by participants</p> <p>7pm – Dinner</p>
<p>20.06 (Saturday)</p>	<p>Topics of the day: <b>Intention &amp; action.</b></p> <p>10am. Priscilla – Breathing; stretching; meditation, massage; energisers; body awareness.</p> <p>1pm. Lunch</p>	<p>3pm.</p> <p>Youth Pass</p> <p>Evaluation</p> <p>Closing the Programme</p> <p><b>Evening:</b></p> <p>Farewell party – BBQ and Bonfire on the beach</p>
<p>21.06 (Sunday)</p>	<p>Farewell breakfast together; and Departures</p>	

## Profile of the Participants

Participants will be youth workers, project leaders and educators involved in youth work. The participants will have a multiplier role - in other words: they will adapt what they learn in this Training Course to their own context of working with young people. In their future projects and daily work they can incorporate tools, methods and theories which they have learned during this Training Course. They can also use their personal learning and development in their daily work with their own target groups.

## Practical & Travel information

### Venue

The Training Course will take place at:

**Woodstown Residential and Activity Centre (WRAC), Woodstown Beach, Co. Waterford, Ireland (X91FX29)**

**Telephone: 00 353 86 3889723 or 00 353 51 309364**

**Email: [woodstown@wstcys.ie](mailto:woodstown@wstcys.ie)**

**WRAC is a Project of the Waterford and South Tipperary Community Youth Service, based at the Edmund Rice Youth and Community Multiplex, Manor St., Waterford City, Ireland (X91TY8N)**

Woodstown Centre is situated on the beachfront around 10km from Waterford City – it offers tranquility and privacy in a quiet rural area, and is set on 2 acres of its own grounds. The Centre operates on a self-catering basis, and has bunk-bed type accommodation for up to 32 people. There is a fully equipped kitchen, a large dining room, a living room and a TV/Training room with a fireplace. Bed linen, duvets and pillows are provided, but you will have to bring your own **towels and toiletries** (soap, shampoo, toothpaste, etc.).

- **Please note that there is a self-catering element to this Training Course.**

During the Training Course, there's a maximum of 16 participants staying in the House, and we all pitch in together to maintain standards, and feed ourselves for breakfast and some other meals. We expect that everyone will help out to keep the venue in good shape during the week – we love the place, and all we ask is that you look after it the same way as you would your own house.

- **Please note that the sleeping space involves two shared 16-person dormitories.**

For this Training Course, we limit the rooms to just 8 people in each. So you still share the sleeping room with many other people! Depending on the gender mixture of the participants, you may be sharing with people of different genders.

## Meals

All food will be provided by the organisers either at the venue or in the restaurant next door. It will be self-catering for breakfast and lunch, and dinner will be provided.

*(NB. If you have any allergies, or other dietary requirements, please let us know and we will do our utmost to cater for your needs, but please note that Ireland in general is not ideally set up to cater for specific detailed diets, so for example if you are coeliac, then you may need to take charge of your own diet at times)*



*WRAC Training Room*



*Woodstown Beach*

## When & How to Get There

Participants are responsible for booking their own travel – it's up to the partner organizations to support them in the process.

Depending on where you're travelling from, the two closest airports are Dublin and Cork, which are both around two hours travelling time from Waterford City.

You'll need to get to Waterford City yourself.

You can take either a train or a bus from Dublin Airport ([www.irishrail.ie](http://www.irishrail.ie), [www.buseireann.ie](http://www.buseireann.ie), [www.jjkavanagh.ie](http://www.jjkavanagh.ie)) but only a bus from Cork ([www.buseireann.ie](http://www.buseireann.ie)).

***NB. We'll be running 2 buses from Waterford to Woodstown on Sunday, June 14th – the first bus will leave at 6pm and the second bus will leave at 9pm – You'll need to catch one of these buses, so participants must arrive in Waterford BEFORE 9pm.***

**Please DO NOT arrive in Waterford City later than 9pm, as there will be no way of transporting you from the city to the venue.**

## Other Practical Details:

- Participants will be accommodated in bunk beds in shared, dormitory-style rooms.
- There is a wireless internet connection available at the venue
- The weather in Ireland in June can be very wet, windy, cold, warm, cloudy and sunny – often all on the same day.  
Please don't travel if you expect gentle, sunny weather – you need to go to the Mediterranean, and not the North Atlantic!  
You will be spending time outdoors, in forests, on beaches and in muddy places, so you need to be prepared for the outdoors – you will need warm and waterproof outer clothes and footwear, hats, gloves, coats etc.  
Then you will need warm clothes and slippers for inside as well.  
Don't forget your umbrella, as there might be rain, but you might also need sunscreen.  
Half the fun of being in Ireland will be guessing the weather! You can follow the weather forecast here: <http://weather-finder.com/Ireland/Waterford/>
- The currency is Euro. If you need to change money, please use the Airport Exchange Office. Credit and Debit Cards are widely used in Ireland.
- **Insurance:** Insurance is each participant's responsibility. You need to have travel insurance and the European Health Card.
- **Working language:** The working language of this training course is English. Don't be afraid, your English doesn't need to be perfect, neither is ours! What is important is that your English is good enough to actively participate.
- **Contact details in case of emergency** If you are ever in any trouble, you can call Sanja on 00 353 86 4555346 (or Declan on 00 353 86 3889723)

## Financial Considerations:

1. The food and accommodation will be completely provided and paid by Erasmus+.
2. Visa costs (if needed) will be reimbursed by the organisers after the Training Course, once receipts are received.
3. Travel costs include plane, train or bus costs from your home country to Woodstown.
4. ALL costs must be receipted.

### Reimbursement of travel costs:

Travel costs (plane, train and bus) will be counted by distance calculator provided by the European Commission and reimbursed by bank transfer directly to the organisation or participant within 4 weeks of the Course finishing. The reimbursement is determined by the Erasmus+-guide.

The participants have to give the receipts for the travel costs to the organizers. The reimbursement will be made through bank transfer after the Training Course after Waterford & South Tipperary Community Youth Service have received the travel tickets.

## Meet the Trainers



Hey everyone! I'm Varsik, and I'm on a mission to help young people navigate life's challenges with confidence and resilience. With a background in psychology, I'm passionate about understanding the human mind and empowering others to overcome obstacles. That's why I decided to start InMotion Armenia Youth NGO - to create a space where young folks can come together, support each other, and make a positive impact in our community. I truly believe that with the right support and encouragement, young people have the power to change the world. So, I'm thrilled to be leading the charge and inspiring others to join me on this journey of empowering Armenian youth to reach their full potential.

Feel free to reach me out: [Nikoyanvarsik@gmail.com](mailto:Nikoyanvarsik@gmail.com), +16172060772



I'm Priscilla, an art therapist and wellbeing coach. My focus is on guiding both individuals and teams through behavioural changes that ultimately enhance their overall sense of wellbeing. Drawing from principles of positive psychology, I empower people to delve into their inner selves and talents, facilitating the achievement of their desired objectives. Rather

than fixating on problems, I emphasize the importance of concentrating on strengths and the desired outcomes.

My approach to wellbeing is holistic, and I prioritize working in a trauma-informed manner. By establishing a secure environment conducive to open expression, I encourage individuals to share their narratives. Through this process, I provide assistance in navigating thoughts, identifying areas of discomfort, recognizing triggers, pinpointing desired outcomes, and equipping individuals with the tools to attain those objectives.

In addition to verbal communication, I integrate practices such as art therapy and mindfulness to facilitate exploration of our inner worlds beyond linguistic boundaries.

I'm looking forward to meet each of you and embarking on a journey of self-discovery and personal growth together.

Feel free to reach me out: +31615951596, [priscillaversteeg89@gmail.com](mailto:priscillaversteeg89@gmail.com)

## Communications

Contact us anytime if you have any questions, concerns or feedback.

Let us know of any changes that are relevant to the running of the Training Course as soon as you can, such as:

- Your (non)participation in the course
- All travel related issues, including costs and the exact itinerary
- Your contact details
- Anything else we need to know for a smooth functioning of the Training Course – all information will be treated confidentially

***Remember, we're here to help you out in any way that we can, and to ensure that you enjoy your time in Ireland. We want you, your organisation, and most importantly the young people you work with, to get a significant benefit from attending the Training Course, so if there's anything we can help you with or any question that we can answer, just ring Declan on 00 353 86 3889723 or email at [declan@wstcys.ie](mailto:declan@wstcys.ie)***



## Woodstown Beach, County Waterford

