

Self-care for non-formal educators

From personal awareness to collective and systemic change

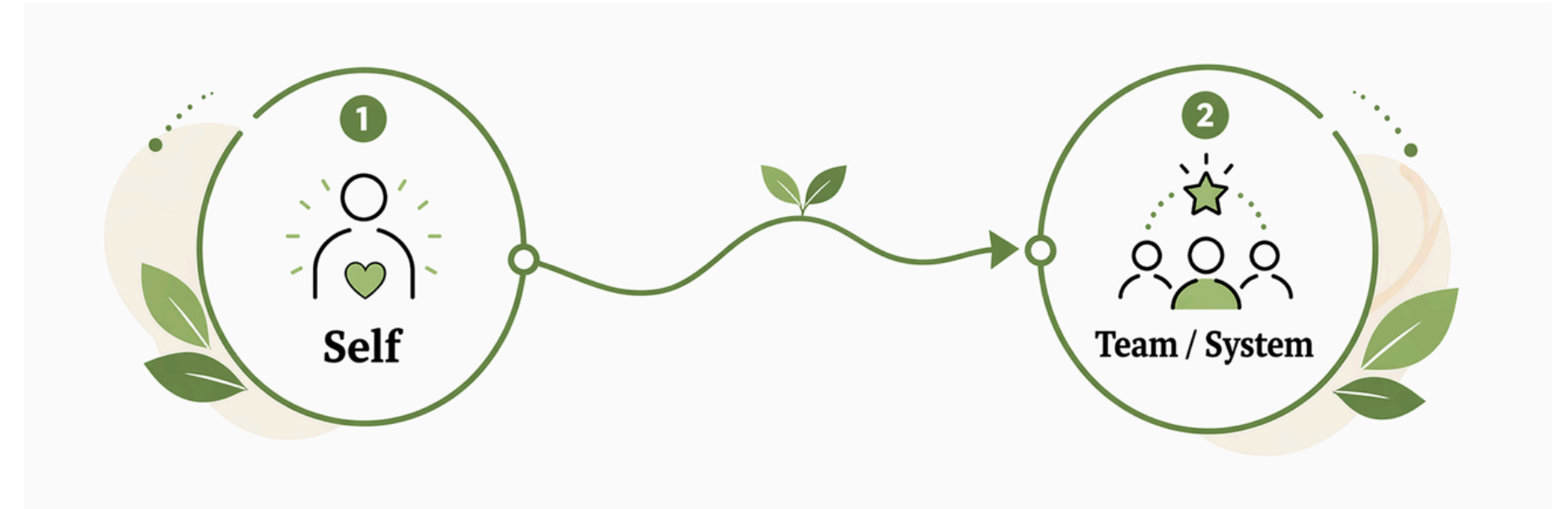
- Two connected trainings for youth workers, facilitators, and educators
- Slovenia & Estonia | 2026

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About the trainings

You support others every day.
But where do you reset?

This programme supports youth workers, facilitators, and educators to stay well in demanding roles and to shape healthier team environments.



It is designed as one learning journey in two parts:
Estonia: self-care, resilience, personal sustainability
Slovenia: team dynamics, safe space, organisational wellbeing

One learning journey in two parts

Estonia

Focus on yourself

Rhythms, boundaries, roles, capacity

What is mine / what is not mine

Self-care in practice

Slovenia

Bring that awareness into your team

Team dynamics, roles, responsibility

Safer ways of working together

Healthier team culture

Together, the two trainings move from personal awareness to collective and systemic change.

Training dates

Training 1 – Estonia

23–28 August 2026

Self-care, resilience, and personal sustainability

Roosta Puhkeküla, Estonia

Training 2 – Slovenia

25–30 October 2026

Team dynamics, safe space, and organisational wellbeing

Brežice, Slovenia



Who is this for?

We are looking for participants who:



work as youth workers, facilitators, trainers, or educators



work with young people or in teams



want to stay well while doing meaningful work



want to strengthen both personal resilience and team leadership

How we work?

Safety in practice

co-created agreements

clear boundaries

facilitator transparency

A balanced learning process

body awareness

frameworks

experience

reflection

Simple re-usable tools

reflection groups

visual mapping

embodied exercises

peer support methods

We keep the process grounded and practical.
You will work with real situations from your own context.
You will not only talk about self-care. You will practice it.

What you will take with you?

Estonia – Self & Resilience

- notice your rhythms and limits
- clarify needs and boundaries
- recognise what is yours and what belongs to others
- protect your energy
- understand your role
- create a personal action plan

Slovenia – Team & System

- understand team dynamics, roles, and power
- see what supports and drains you
- practice responsibility and delegation
- build psychological safety
- use reflection methods with others
- design small changes for your organisation

In between trainings participants are invited to test small changes in their work context and reflection their experience.

A lush green forest with a person hiking on a path in the background. The scene is filled with various types of green plants, including ferns and large-leafed tropical plants. The lighting is soft, suggesting an overcast day. A person with a pink backpack is visible on a narrow dirt path in the lower right corner, walking away from the viewer. The overall atmosphere is serene and natural.

Possible follow-up support

If additional Erasmus+ KA2 funding is approved, participants may have access to 1:1 coaching or mentoring between the trainings or after the Slovenia training.

Confirmation will be available by **July 2026**.

This support can help you:
reflect on your experience
integrate your learning into your work
apply changes in your team or organisation

Practical information

Language

Whole programme in English

Expected level: B2

Participation

Possible to join only one training

Priority may be given to those joining both

Group size: 20-25

What we expect

Willingness to reflect
openness to share and listen

Readiness for experiential
methods

Commitment to the full
programme

Active participation is expected

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Logistics

Accommodation

Shared rooms

Estonia: Roosta
Puhkeküla

Slovenia: Brežice

Meals

Breakfast, lunch,
dinner, coffee breaks
included

Travel

Reimbursed according to
Erasmus+ rules

Participants organise their
own travel

Copy of tickets must be
sent to organizers 2
months before each
training

Other

Own health insurance
required

After confirmation,
cancellation only with
doctor's note

Programme is co-funded by the European Union

Good to Know

Arrival & departure

Arrive before the programme starts on the first day

Leave after the programme ends on the last day

Accessibility

Includes light movement and body-based exercises

Activities can be adapted to participants' needs

Learning Recognition

Youthpass certificate included



General Programme Flow

Sunday dinner to Friday lunch

Indicative flow for both Estonia and Slovenia

1 | Sunday – Arrival Day

Arrivals before 16:00

18:00 – 19:00 Dinner

19:30 – 21:30 Welcome / arrival time

Day ends at 21:30

2 | Monday – Full Day

08:00 – 09:00 Breakfast

09:00 – 10:30 Morning session

10:30 – 11:00 Break

11:00 – 13:00 Morning session

13:00 – 14:00 Lunch

14:00 – 15:30 Afternoon session

15:30 – 16:00 Break

16:00 – 17:30 Reflection / group time

18:00 – 19:00 Dinner

Day ends by 19:00

3 | Tuesday – Full Day

08:00 – 09:00 Breakfast

09:00 – 10:30 Morning session

10:30 – 11:00 Break

11:00 – 13:00 Morning session

13:00 – 14:00 Lunch

14:00 – 15:30 Afternoon session

15:30 – 16:00 Break

16:00 – 17:30 Reflection / group time

18:00 – 19:00 Dinner

Day ends by 19:00

4 | Wednesday – Full Day

08:00 – 09:00 Breakfast

09:00 – 10:30 Morning session

10:30 – 11:00 Break

11:00 – 13:00 Morning session

13:00 – 14:00 Lunch

14:00 – 15:30 Afternoon session

15:30 – 16:00 Break

16:00 – 17:30 Reflection / group time

18:00 – 19:00 Dinner

Day ends by 19:00

5 | Thursday – Full Day

08:00 – 09:00 Breakfast

09:00 – 10:30 Morning session

10:30 – 11:00 Break

11:00 – 13:00 Morning session

13:00 – 14:00 Lunch

14:00 – 17:00 Afternoon session / integration

17:00 – 18:00 Group reflection

18:00 – 19:00 Dinner

Day ends by 19:00

6 | Friday – Closing & Departure

08:00 – 09:00 Breakfast

09:00 – 10:30 Closing session

10:30 – 11:00 Short break / walk

11:00 – 12:00 Final session

12:00 – 13:00 Lunch

Departures after 15:00



For ticket planning

Please plan your arrival for Sunday before 16:00 (as there is also a transfer to the destination).

Please plan your departure for Friday after 15:00.

Please note that some evenings have organised evening programmes.

Training team



Kadri Maripuu

Coach, facilitator, and adult educator. Works with coaching, systemic thinking, and body awareness. Creates grounded spaces for reflection and practical change.

kadrimaripuu.com



Maja Drobne

Trainer, facilitator, and educator in youth work and participation. Designs learning processes that connect reflection, action, and systemic thinking.

Questions?

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Maja: maja.drobne@gmail.com
Kadri: kadri@kadrimaripuu.com

We look forward to learning with you.



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