

# SELF- DEVELOPMENT - CORE FOR PROFESSIONAL DEVELOPMENT OF YOUTH

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You can motivate, train and inspire youth, when you know the  
core

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UNIQUE, INNOVATIVE AND OUTSTANDING  
TRAINING EXPERIENCE FOR YOUTH WORKERS,  
YOUTH LEADERS AND EDUCATORS



## About the training

# WHAT, WHY, WHO?



### **WHAT is training about?**

This training is a journey to explore own development to help youth to be more balanced and motivated. The journey of discovery how personal development affects professional career. It points us to understand that one "Why" is more important than hundreds of "How".

### **WHO has to attend?**

This course is planned for youth workers, youth leaders and youth educators. The ones constantly developing themselves to help youth. The ones, providing mentoring, support, advises and helping youth to get to the next level.

### **WHY it is unique?**

Drop out of your comfort zone. Four approaches will help: theoretical grounding, individual analysis and reflection, group work and physical challenge. Combination of those will help you to learn by live experience. As a result you will explore yourself and help youth to learn about their own core.



# **IT DOES NOT MATTER HOW SLOW YOU GO**

**AS LONG AS DIRECTION IS RIGHT**

**YOU ARE HERE TO DISCOVER AND HELP YOUTH TO FIND  
HOW PERSONAL DEVELOPMENT HELPS TO CHOOSE, RE-  
DEFINE AND KEEP SATISFIED WITH PROFESSIONAL PATH**

# PROGRAM

(2018)

WHEN	IN MARCH, MAY, JUNE AND AUGUST, 2018
WHERE	AT BEAUTIFUL MANORS OF LATVIA
HOW LONG	5 DAYS FOR THE TRAINING AND 2 DAYS FOR THE TRAVEL
GROUP	SIZE OF THE GROUP WILL VARY FROM 20 - 35 PERSONS
LANGUAGE	THE LANGUAGE OF INSTRUCTION - ENGLISH

**SUNDAY** - the journey can start

Make yourself comfortable at the beautiful manor surrounded by the breath of the past.  
Light intro and social dinner.

**MONDAY** - "one life is not enough"

On Monday you will focus on the learning stages and learning needs according to your life cycle.  
Discover the true motivation behind the learning process.  
You will associate roles in life and how they connect to the career and life long learning.

**TUESDAY** - "two sides of the moon"

What role self-development plays in professional development? Why answering one "Why" is more important than hundreds of "How". Why Your level of success will rarely exceed your level of self-development.

**WEDNESDAY** - "three self's" and where do they leads us?

Self-awareness as the lighthouse of entire life.

Self-esteem - the worth or worthless?

Self-beliefs that drives us through our life.

**THURSDAY** - four elements (earth, water, air and fire)

In the same as typologies of elements differ, the same also differ individuals. The wider knowledge of yourself (or person you support), the better result can be achieved in personal and professional development. The world as an ideal place.

**FRIDAY** - five days of the week

"Essentialism" - are we able to find a balance and "essentialism" in our personal and professional lives? Listening to the inner self, instead of outer world. Five by five rule.

Final wrap-up and dinner.

**SATURDAY** - everything comes to an end

Reflection stories of participants

Farewell brunch

# Arguments to make a decision



*"Latvia - best enjoyed slowly."*

—Come and experience it

## Discover more about the country:

The best things in life should be savoured and enjoyed slowly. Latvia offers visitors a remarkable array of experiences that make time spent here truly unforgettable. Delight in Latvia's magnificent architecture, culture and music. Taste delicious, naturally produced, Slow Food. Enjoy unique seasonal celebrations, festivals and sporting events. Relax on pristine white sand beaches and stroll through nature reserves. Find more at: <https://www.youtube.com/watch?v=fhaIsQtKl4s>

## About the core trainers

SIMPLY GOOGLE US! CHECK ON LINKED IN AND OTHER SOURCES



**Renāte Lukjanska**

Lost and found.  
Architect by typology.  
Idealist by nature.  
Accomplished a lot, lost a lot, gained a lot and learned a lot. Still in the journey of self-discovery.



**Anita Stirāne**

Exit the comfort zone to achieve even more - both in the personal and professional life.  
To discover and develop.  
To see a possibility.  
Not to be afraid to make a next step.



**Jevgenija Kondurova**

My personal motto is "Smile is the key to life". I believe that change is always good and sometimes you need to fall in order to really rise.

## Even more beautiful arguments



*""Though Latvia never has been a kingdom ruled by a monarch, it has the highest density of old survived castles and rich manors in Europe"Latvia - best enjoyed slowly."*

**-Come and feel the breath of past**

**Discover more about the place of the seminar:**

I am spacious and cozy. I would be very glad to welcome you for your seminars and workshops. For these purposes you can also use my marvelous park, where you can enjoy magnificent wood-notes while having your cup of coffee or just relax during breaks. I can provide you a shelter for the night as well, so don't be afraid to be my guest for several days! Of course, I haven't forgotten about delicious meals!

Find more at:

<http://www.ramavasmuiza.lv/en>

## Even more awesome trainers

SIMPLY GOOGLE US! CHECK ON LINKED IN AND OTHER SOURCES



**Ilze Jēce**

Movement. Stillness. Silence.  
Power. Play.  
Educator by heart and visionary  
by type. Found leading groups  
in deep processes and playful  
practices..



**Jūlija Golovina**

Motivation to take an  
advantage. About personal  
resources, discoveries and  
sensations. About ways to  
express your true nature.  
Motto: use your resources in  
the full.



**Dace Jurjāne - Turkere**

The only way to understand,  
if the road is yours, is to  
travel down that road. Life is  
full of possibilities and it is  
never too late to explore  
new ones.

Some minor changes are possible and additional trainers will be invited to support the core team.

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WHAT YOU NEED TO KNOW BEFORE MAKING FINAL

# DECISION

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WHAT IS INVESTMENT? IS IT  
WORTH IT?



## How worth it is?

It will depend on you. On your willingness to dive deep. If you will allow, we will carefully lead you through the process of discovery, rediscovery and transformation, which will help in your personal and professional life.

## You have several options how to finance:

- a) Ask your employer to pay for the training;
- b) Pay by yourself;
- c) Apply for Erasmus KA1 for youth workers and get it 100% for free (we help with application process);  
You can find more about KA1 for youth worker here: [https://ec.europa.eu/programmes/erasmus-plus/individuals\\_en#tab-1-6](https://ec.europa.eu/programmes/erasmus-plus/individuals_en#tab-1-6)  
Alternatively you can contact your National Agency or read Erasmus+ guidelines.
- d) Apply for some other grant to cover some or all the costs.

## What is total sum of investment:

- a) The cost of workshop for legal entity is **650 EUR + your own travel arrangement;**
- b) The cost of workshop for individual is **550 EUR + your travel arrangement;**
- c) **No cost**, if you apply for the Erasmus KA1 youth worker mobility, except your time to prepare application. The workshop fee and travel is covered by the Erasmus+ program. Applicable for Erasmus+ countries only;
- d) **No costs or reduced**, if you get grant or some other financial support. In rare cases, after careful assessment, we may provide some discounts to outstanding candidates.
- e) for 2018, if project will get granted CIS, South, Central and Eastern Europe participants will have a chance apply for free training as part of KA1 Youth workers mobility.

## READY TO START YOUR JOURNEY?

- 1) Fill in an **online application form** - <https://goo.gl/PpJWp9>
- 2) Wait for a **confirmation** of your participation.
- 3) Keep **communication** with us to get the details.
- 4) Depending on the financial model you will choose, we will provide relevant informative support (e.g. travel, visa, accommodation, Erasmus+ application and other). All details will be discussed individually.
- 5) Two weeks prior to the workshop beginning you will get a **full package of information**.



## ADDITIONAL INQUIRIES:

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