

LEAD YOURSELF TO



An Erasmus+ Funded Training Course

June 1 - 10th, 2018

St. Paul's Bay, Malta



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A SUMMARY OF THE PROJECT

The main aim of the training course, “Lead Yourself to Leadership” is to increase the leadership knowledge, skills, and attitudes of youth workers from Malta, Spain, Poland, Croatia, Lithuania, Greece, Norway, and Moldova.

Objective 1:

By the end of this project, the participants will increase their knowledge of leadership. They will be able to define it, identify its inner and outer components, recognize the qualities of a good leader, and understand how to unleash their own leadership potential.

Objective 2:

By being actively involved in this project, “Lead Yourself to Leadership”, and its experiential learning methods, the participants will develop the hard and soft leadership skills needed to lead themselves and the youth they work with.

Objective 3:

By the end of this project, the participants will understand the importance of leadership for their personal and professional development as a youth worker, and will increase their awareness on the attitudes to uphold to be an effective leader.

Objective 4:

By being actively involved in this project and its experiential learning methods, the participants will increase their inter-cultural communication and competences working in an international and multi-cultural team.



TOPICS COVERED:

We will take an innovative approach to leadership which focuses on inner and outer leadership, also referred to as self-leadership, or leading from within.

Topics that will be covered during this TC include:

What is Leadership? What is a Leader? Self-Awareness, Self-Esteem, Motivation, Values, Vulnerability, Empathy, Integrity, Resilience, Effective Communication, Decision Making, Creative Problem Solving, Conflict Resolution, Coaching, The Art of Giving and Receiving Feedback, Personality Styles, Learning Styles, Educator Styles, and Leadership Styles.

THE TIME TABLE

| | June 1 | June 2 | June 3 | June 4 | June 5 | June 6 | June 7 | June 8 | June 9 | June 10 |
|---------------|----------------|------------------------------------|---------------------------------|-----------------------|-------------------|---------------------------|--------------------------|--|--------------------------------------|-----------|
| | Arrival | Teambuilding | Intro Day | Styles Day | Motivation Day | Soft Skills | Hard Skills | Practice Day | Evaluation | Departure |
| 9:00 - 10:00 | Arrival | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 10:00 - 11:30 | | Getting to know each other | Intro to Leadership | Kolb Learning Styles | Motivating Myself | Vulnerability | Effective Communication | Coaching | Presentations | Departure |
| 11:30 - 12:00 | | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | |
| 12:00 - 13:30 | | Team Building | Sharing Realities in Youth Work | Kolb Educator Styles | Motivating Others | Empathy and Self-Esteem | Decision Making | Giving and Receiving Feedback | Presentations | |
| 13:30 - 15:00 | | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 15:00 - 16:30 | | Fears, Expectations, Contributions | Self Awareness 1 | Leadership Styles 1 | Free Afternoon | Responsibility/ Integrity | Creative Problem Solving | Your Turn: Create your own Leadership Activity | Leadership Future Steps/ Action Plan | |
| 16:30 - 17:00 | | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | Coffee break | |
| 17:00-18:00 | | Youthpass/ 8 Key Competencies | Self Awareness 2 | Leadership Styles 2 | Free Afternoon | Resilience / Grit | Conflict Resolution | Your Turn: Create your own Leadership Activity | Evaluation and Feedback | |
| 18:00 - 18:30 | | Reflection | Reflection | Reflection | Reflection | Reflection | Reflection | Reflection | Reflection | |
| 19:00 | | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 21.00 + | Welcome Night! | Intercultural Night 1 | Games Night | Intercultural Night 2 | Free Night | Participant Theater | Passion Night | Group Work | Youthpass Ceremony Farewell | |

This is a TC based on personal development and self-reflection.

Participants should be motivated and willing to dive into this topic, share their experiences, and use real-life examples.

Participants do not need to have any prior experience working on the topic of leadership, but they should not have more than 5 years of experience as a youth worker. Participants will take ownership over their own learning experience and direct learning outcomes.

The non-formal education and experiential learning methods that will be used will include but are not limited to: personal/self-reflection, pair sharing, working in groups, brainstorming experiences, facilitated discussions, self-assessments, simulations, workshop creations and more.

Participants of this TC will have the opportunity to create their own leadership methods and workshops which they will implement in Malta.

ON YOUR WAY HERE



www.visitmalta.com

Malta is a tiny island with a lot of history which goes back thousands of years. Malta is also well known for its beautiful shores and the sense of homeliness the people on the island show others (we hope you would agree with this statement after the training course as well!).



WEATHER:

In June we can expect really hot & sticky weather, with an average temperature of 30/35 degrees. Bring with you light clothes and swimwear!

LANGUAGE:

Malta, although small in its size, is proud to have its own unique language (which is Semitic in its roots but with influences from the Italian, French and English languages). However, do not worry; we speak English as well so you don't need to learn Maltese!!



CURRENCY:

In Malta the currency we use is EUROS so make sure you will have some euros handy when you arrive.

ADAPTERS:

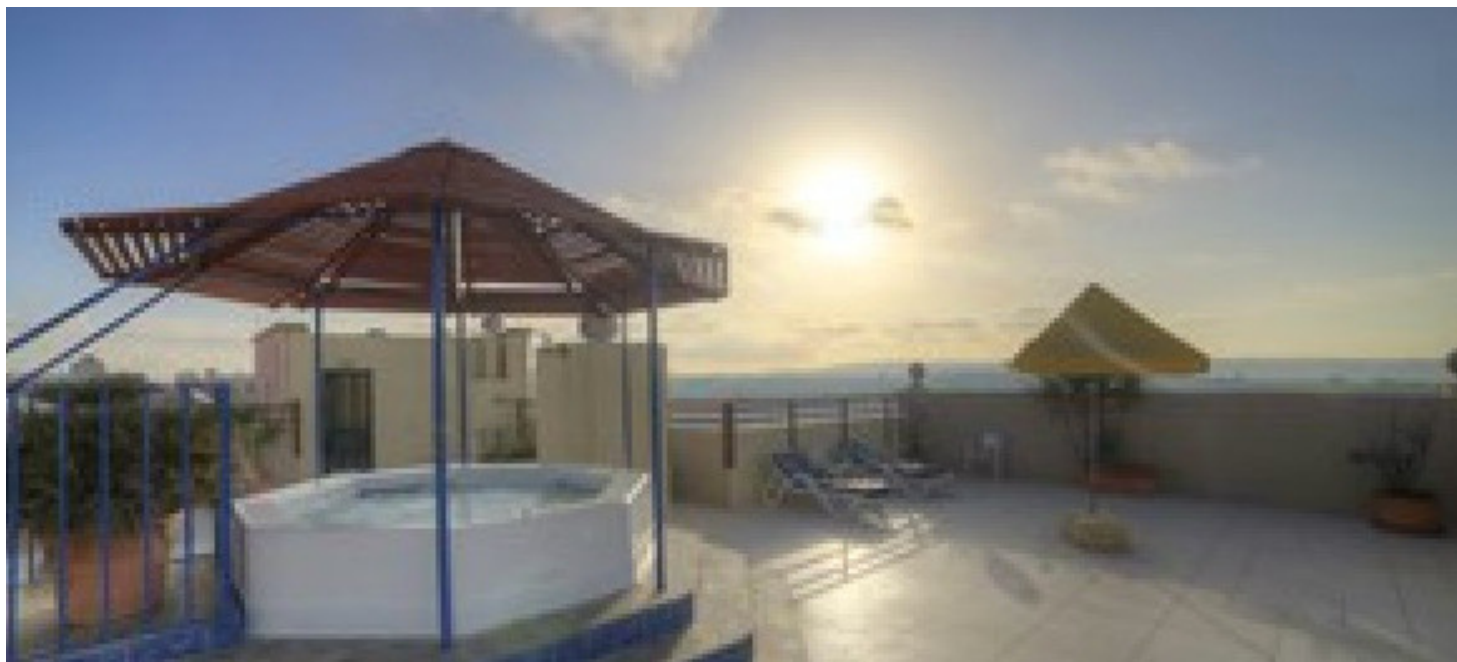
As regards to adaptors, we use the UK system for our plugs.



TRANSPORT:

We drive on the right side of the road like the British do, so do not be surprised or concerned!

ACCOMODATION



ACCOMODATION:

For this training course we will be hosted in the North part of Malta.

The hotel chosen is Bella Vista Hotel in St. Paul's Bay

www.bellavistahotelmalta.com

To get to the venue it is relatively easy. Below, you can find some links for transport in Malta, however if you need help, we are always here!

For Public Transport:

www.publictransport.com.mt

It will cost around 2.00€, or else you can book the shuttle bus from the airport directly to the hotel for around €5-€10 each way.



Airport Shuttle Transfers:

www.maltatransfer.com



Once at the hotel:

You will be greeted by the receptionist and then meet for dinner at 19:00.

Accommodation is full board, towels and sheets are included.

BUYING YOUR FLIGHTS



STEPS TO FOLLOW:

Step 1: Fill in online application form

You must successfully fill in the participant online application form.

<https://goo.gl/forms/brF6N8jtpA3aNerm2>

Step 2: Wait to be Selected

Wait for our confirmation that you have been selected for this project.

Step 3: Search for Flights and Wait to Receive Approval

Search online for flights to Luqa Malta International (MLA) (only the cheapest options/ economy class will be accepted) then send your flight itinerary to us and wait for our approval to purchase them.

Step 4: Buy Your Flights

Proceed in purchasing flights.

After you purchase the tickets send us a copy of your flight info and receipt to leadyourselftoleadership@gmail.com

BUYING YOUR FLIGHTS

| Country | Participants Allowed | Travel Allocation Per Participant. |
|-----------|----------------------|------------------------------------|
| Malta | 5 | €0 |
| Spain | 4 | €360 |
| Croatia | 3 | €275 |
| Greece | 3 | €275 |
| Lithuania | 3 | €360 |
| Moldova | 3 | €275 |
| Norway | 3 | €530 |
| Poland | 4 | €275 |

This training course is co-financed by the ERASMUS+ Programme. Food and accommodation are covered by the project. Above you can find the maximum allocated funds for your travel (flights, train tickets, shuttle buses etc) per country. By traveling we mean public transportation to and from your home to the hotel in Malta. Please note that only the cheapest options will be reimbursed, therefore no 1st class tickets please!

We really discourage you from using taxis unless you cannot do without.

Please make sure that you get a receipt from ALL transportation.

You MUST keep all receipts and boarding passes to be reimbursed.

You are allowed to stay for an extra 3 days, either before or after the training, in Malta, but you will have to cover the accommodation yourselves. Kindly advise us of your prolonged stay before purchasing flights and let us know if you need help booking accommodation for the extra nights, or if you need a list of things to do or visit in Malta.

Please note that there is a €25 participation fee which will be deducted from the travel reimbursement.

WHAT TO PREPARE



BEFORE ARRIVING IN MALTA, WE WANT YOU TO PREPARE:

1. Some information that you can share about your NGO.

This will be a great opportunity for networking!

Bring leaflets, business cards and experiences to share with others.

2. Ice breakers/games/energizers to be shared with others.

We want to offer you the chance to show us some of your favorites!

3. Presentations and goodies for intercultural evening.

During Intercultural Evening(s) we will all gather together and each country group will present their culture in a unique presentation with traditional food and drinks brought from home.

Therefore, this is a polite invitation for you to bring some goodies from your country for the rest of us to try out!! You can also bring some information (posters, postcards, leaflets etc.) about your home country... who knows maybe we will come and visit you one day!

GET IN TOUCH!

**The function of leadership is
to produce more leaders, not
more followers.**

Ralph Nader



**If you need further information
please do not hesitate to contact us:**

Email: leadyourselftoleadership@gmail.com.



Website: www.prismsmalta.com



Facebook: Prisms Malta



Instagram: [prisms.malta](https://www.instagram.com/prisms.malta)



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