

**Preliminary programme of ONE 2 ONE Training Course  
27 January - 2 February, 2019  
Budapest**

<b>Time frame</b>	<b>Day 1: 27 Jan</b>	<b>Day 2: 28 Jan</b>	<b>Day 3: 29 Jan</b>	<b>Day 4: 30 Jan</b>	<b>Day 5: 31 Jan</b>	<b>Day 6: 1 Feb</b>	<b>Day 7: 2 Feb</b>
9.30-13.00		Exploring and sharing our contexts Exploring curiosity  TC framework: Concept of One2One	Stretching our understanding of <b>inner readiness</b> and competence  Importance of <b>reflection</b>	One 2 One <b>skills-building session II</b> being non judgemental active listening asking questions	One 2 One models, techniques and methods One 2 One <b>Practice</b> time I: - with team member - with peer buddies	Reflection on the practice sessions  Ups and Downs of long term processes Facing resistance  <b>Identifying</b> learning	Departures
14.30-18.30	Arrivals	What is <b>learning</b> ? What happens when we learn? Supporting learning  <b>Youthpass</b> process  <b>Reflection time</b>	Supportive learning relationship  Different One2One <b>approaches</b> (coaching, mentoring, therapy etc.)  Virtual One2One One 2 One <b>skills-building session I</b> <b>Reflection time</b>	One 2 One <b>skills-building session III</b> developing empathy giving feedback  <b>Reflection time</b>  <b>FREE-TIME</b> (2 <sup>nd</sup> half of afternoon)	One 2 One <b>Practice</b> time II: - with team member - with peer buddies  <b>Reflection time</b>	European Training Strategy: Competence model of youth workers  <b>Documenting</b> own learning  Future agreements  Training course Evaluation	
20:30	Welcome Evening	One-to-One Inspirational Evening	Self organised group time	<i>Budapest experience</i>	Self organised group time	The Goodbye-and-good-luck PARTY	