



Do you want to be a good leader?
Do you need to strengthen your leadership skills?
Are you a youth leader searching for inspiration?

BRAVEHEART - LEADERSHIP SKILLS FOR YOUTH WORKERS

**3-PHASE TRAINING COURSE
2019, CZECH REPUBLIC**

APPLY NOW

WHY BRAVEHEART TRAINING COURSE

Most of the youth workers want to be good leaders and improve their leadership skills: to be more inspiring and motivating, have clear vision and goals, to be able to lead a team. You can learn about leadership from books, training courses, seminars, TED talks, and youtube videos. However, it is a long-term practice and training that is essential for becoming a youth leader.

Braveheart is the second run of the TC, which was first held in 2017. Based on the feedback of our participants and our experience, we improved some parts to be even more suitable for youth workers and their needs. So, you will experience a tuned TC!

"Braveheart is a three phase training course for youth workers. Its aim is to strengthen and advance leadership skills."

The training course is based on our long-term experience in training youth, teachers and corporate leaders. We work with the methods of experiential and outdoor learning that we've been using since 2006. We put stress on practical training with real effects rather than learning theoretical background. The ratio of practical training to theory is 80:20.

The training course is supported by the Erasmus+ program. Accommodation, food and travel expenses are fully covered. Participation fee is €150. You will get €100 back if you take part in all phases of the project.



FOR WHOM

WE ARE LOOKING FOR 25 PARTICIPANTS WHO:

- want to improve in **leading youngsters** and youth worker colleagues
- want to **feel more confident** while leading activities for youth
- want to learn how to **give and get feedback**
- want to raise and keep inner **motivation** of youngsters
- want to **create own project** linked to youth work (e.g. implement changes at your work; prepare and lead new project for youth; ...)
- are willing to work on **self-development** and reflect on learning process

- are ready to **take part in the whole project cycle** (3 meetings, individual work between)
- come from or live in following countries: **Croatia, Cyprus, Czech Republic, Hungary, Italy, Slovakia, and Spain**
- are older than 18 years
- speak fluent English (minimum B2)
- work with youth regularly

WHAT YOU WILL EXPERIENCE

- explore yourself as a leader and assess leadership skills you want to develop
- learn about yourself from self-reflection and personal feedback from others
- step out of your comfort zone (e.g. sleeping 2 nights outside in a tent)
- take part in physically and mentally challenging games
- group reflections and sharing
- plan and realize your personal project, prepare and lead different activities



PROJECT OUTLINE



FIRST PHASE: FIND THE LEADER INSIDE

experiential and self-exploring part (16 - 24 February 2019, 7 working days + 2 travelling days, Czech Republic)

- Introduction to the leadership and leadership benchmarking
- Challenging team tasks and games
- Reflective discussions and sharing personal experience
- Winter experience – 3 days hiking and sleeping 2 nights in a tent on the snow: step out of your comfort zone, experience group dynamics and work under pressure
- Setting the goals of your personal development

INTERPHASE: INDIVIDUAL LEARNING

- Working on your personal development goals (putting in practice what you have learned)
- Couching groups
- Planning your personal project

SECOND PHASE: BECOME A BETTER LEADER

Developing leadership skills (22 – 26 May 2019, 3 working days + 2 travelling days, Czech Republic):

- Interactive workshops – training of individual leadership skills (based on your personal goals)
- Activities led by participants
- Finalizing and presenting your project plan

INTERPHASE: PLANNING AND REALIZING YOUR OWN PROJECT

- Realizing your personal project
- Couching groups

THIRD PHASE: LEADING THE FUTURE

Leadership evaluation and future steps (21 – 25 August 2019, 3 working days + 2 travelling days, Czech Republic)

- Project presentations and evaluation
- Planning the next steps in leadership development
- Inspiring success stories
- Current trends in youth work
- Celebration & reward

PROGRAM AND METHODS

"We work with the methods of experiential learning and non-formal education. We believe the most effective way of learning is by reflecting one's personal experience. We also put stress on sharing, feedback and learning from mistakes and success."

INTENSIVE PROGRAMME: The training and the program will be intensive. We believe that by stepping out of your comfort zone you learn faster. We start in the morning and finish in the evening, the program usually takes from 8 to 10 hours per day. Your participation is voluntary, but the more you experience, the more you learn.



GROUP DYNAMICS AND PEER LEARNING: New challenging situations bring great opportunity for learning from each other. Personal experience is always unique and we enrich each other by sharing it. We will focus on the group dynamics and support the level of trust in the group to learn as much as possible.

PERSONAL FEEDBACK: To learn from each other, we need to know how to say the right things at the right place. We will practice the skill of giving and getting feedback to be able to use it more effectively.

FROM THEORY TO PRACTICE, FROM TRAINING TO THE REAL LIFE: After each phase, we expect you to put in practice what you have been learning. You might apply little changes to your everyday routines or change the way you work with youth. There will be coaching groups to support you during the interphases.

PRACTICAL INFORMATION

ORGANIZERS

The training course is organized by a non-formal group **Czekobanda** (Czech Republic). The trainers work for Outward-Bound Czech Republic and the Czech National Agency of Erasmus+. More information about us and our previous projects are available at our website www.czekobanda.eu

ACCOMMODATION AND FOOD

The **1st phase** and **3rd phase** will take place in the beautiful landscape of Adršpach - Teplice Rocks in the Northeast of the Czech Republic. The venue is Zdoňov, [Penzion Slunovrat](#) with newly reconstructed rooms. There are shared rooms for two to four persons with showers and toilets in rooms.

2nd phase and will take place in Sloup v Čechách, [Herberk Ferdinanda Dobrotivého](#) training centre. There are shared rooms for three to five persons.

Food – we will have two experienced cooks who are used to cook meat, vegetarian and vegan food and other kind of diets. We will use as much organic and local food supplies as possible.

REGISTRATION AND SELECTION PROCESS

If you wish to apply for this training, please fill in the application form at:

<https://goo.gl/forms/2wYaJVT11ZkHtLE83>

Please note that only the registration form that have been fully completed will be eligible for enrolment.

We receive the application forms till **20th January**. Shortly after we will be selecting participants. We will contact you **till 23rd January**. Do not book your tickets before we confirm your participation.

PARTICIPATION FEE

The participation fee €150 needs to be paid in 7 days after receiving the confirmation letter. We will give back €100 to each participant who will take part in all three phases of the training course.

If you have difficulties with paying the participation fee, contact us about other possible options.

The training course is supported by the Erasmus+ programme. Accommodation, food and travel expenses are fully covered.

CANCELATION FEE

If you cancel your participation more than 6 weeks before the 1st phase starts, we will reimburse 100% of the participation fee.

If you cancel within 6 - 3 weeks before the 1st phase starts, we will reimburse 50% of the participation fee.

If you cancel 3 weeks or less before the 1st phase starts, we won't reimburse the participation fee.

TRANSPORT

Depending on the distance of your travel, we have a budget for covering your costs (see the table below).

For searching the public transport in the Czech Republic use this website: www.idos.cz

Country of residence	Maximum travel expenses per participant		
	1 st phase	2 nd phase	3 rd phase
Croatia	275 €	275 €	275 €
Cyprus	360 €	360 €	360 €
Czech Republic	180 €	180 €	180 €
Hungary	180 €	180 €	180 €
Italy	275 €	275 €	275 €
Slovakia	180 €	180 €	180 €
Spain	275 €	275 €	275 €

Please consider environmental friendly modes of transport (trains, buses).

WHAT TO DO NOW

To apply, fill in the application form: <https://goo.gl/forms/2wYaJVT11ZkHtLE83>

We receive the applications till 20th January 2019

Do you want to know more?
Feel free to contact Edita at:



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