

Under Pressure - burnout prevention and self-care as Youth Workers' key competence - Training Course - Vinci, Italy 9th - 16th September 2019

Time	Day 1: 9th September	Day 2: 10th September	Day 3: 11th September	Day 4: 12th September	Day 5: 13th September	Day 6: 14th September	Day 7: 15th September	Day 8: 16th September
	Get to know	Cooperation and needs	NVC	Outdoor	TA	Self-care and requesting	Evaluation and follow-up	Departures
8:00	Breakfast							
9:30		Morning opening	Morning opening	Morning opening	Morning opening	Morning opening	Morning opening	
10:00	Arrival of the participants	Intro and Expectations	NVC: introduction to language of the heart	Visit to Vinci- Meeting with responsible on youth policies	Transactional Analysis- Ego states	Self-care labels - planning our self-care activities	Participants good practices	Departures of participants
11:00	Comfort Break							
11:30	Arrival of the participants	Cooperation and Team Building	PARAREL WORKSHOPS: NVC dance floors/ digging the burn-outs	Visit to Leonardo da Vinci's museum, how to be a genius and not to get crazy? Vinci study case	Transactional Analysis - Transactions and relations	Requesting- how can we be empowered to ask for what we need?	Follow up and dissemination plan	Departures of participants
13:00	Lunch							
15:00	Arrival of the participants	What is Empathy and how can we make it as a habit? Introduction to Empathy home groups	Empathy home groups	Empathy home groups	Empathy home groups	Empathy home groups	Empathy home groups and planning on going support: empathic buddies	
15:45	small comfort break							
16:00	Arrival of participants	Professional and personal needs	PARAREL WORKSHOPS: NVC dance floors/ digging the burn-outs	Outdoor activities	TA - Prevent Emotional Blackmail and FOG	Face the unpredictable - Improv Theatre exercises	Final Evaluation	
17:30	Comfort Break							
18:00	Name games and get to know each other	Harvesting time	Harvesting time	Harvesting time	Harvesting time	Harvesting time	Final Evaluation	
	Dinner and welcome evening	Dinner	Intercultural dinner	Dinner	Dinner	Blind Dinner	Celebration Time	
		Organisation market night		Free Night	Night walk	PIPO night & Celebration Time		