

# TRAINING FOR TRAINERS

WATCH OUT! TRAINING FOR EXPERIENCED TRAINERS  
IN THE YOUTH FIELD!

- ▲ Provocative training
- ▲ Vocal aspects in trainership
- ▲ Embodied aspects in trainership
- ▲ Contextual learning
- ▲ Dynamic practice, peer supervision

25th February – 2nd March 2020  
Ommen, the Netherlands







## ► PROVOCATIVE TRAINING

With love, humour and challenge, we offer a setting where you can go beyond your regular practice and see how you can shape your own distinctive training method.

## ► VOCAL ASPECTS IN TRAINERSHIP

By bringing awareness to voice elements you will be able to optimise your vocal performance, which can support you in gaining vocal courage and keeping your audience engaged.

## ► EMBODIED ASPECTS IN TRAINERSHIP

Every part of the training is infused with embodied exercises so you explore and develop an effective embodied training behavior.

## ► CONTEXTUAL LEARNING

A context is created by multiple elements and it directs the meaning and the outcome of the training. By guiding the context, you will be able to create and use intentionally the elements of your training in order to move towards your goals. Therefore your role is to stimulate and shape a process that actively involves your participants.

# WHOM IS IT FOR?

THE TRAINING IS DESIGNED FOR TRAINERS WORKING IN THE YOUTH FIELD WHO ARE ALREADY EXPERIENCED IN WORKING WITH YOUNG GROUPS, HAVE THEIR TRAINING METHOD AND UNDERSTAND THE PROCESS OF CREATING AND DELIVERING A TRAINING.

We offer spots for 24 participants. This group size allows the close work with the three main trainers.

The training aims to challenge the current working methods of the participants and to provide the answers to the following questions:

- ▶ WHO AM I AS A TRAINER/YOUTH WORKER?
- ▶ WHAT ARE MY UNIQUE QUALITIES?
- ▶ IN WHICH DIRECTION DO I WANT TO DEVELOP MY METHOD?



# HOW IS IT DESIGNED?



There is a lot of hands-on work, demonstrations and reflection in small groups afterwards. In this training not only you can fine-tune yourself as a trainer, but also take ideas as a trainee. There are no marks or goals to achieve - everything you take out of this training is your choice.



# WHAT WILL YOU GAIN AS A PARTICIPANT?

## MASTER EMBODIED ASPECTS IN TRAINERSHIP

- ▶ Master all embodied aspects of your performance (gestures, facial expressions, voice, pauses, breathing, muscle tone, posture, positioning and state management)



## BE CONTENT IN FRONT OF THE GROUP

- ▶ Know what is needed to present and introduce your training
- ▶ Practice working with a group
- ▶ Practice new ways of observing the group and collecting information from the group

## DELIVER A PERSONALIZED TRAINING

- ▶ Learn to recognize trainable critical behavioral points
- ▶ Be able to adjust the learning experience to any target group
- ▶ Recognize the vocal elements so you can create the impact you want

# WHAT WILL YOU GAIN AS A PARTICIPANT?

## DESIGN A TRAINING

- ▶ Learn how to lure participants into learning and didactically go from one topic to another
- ▶ Develop your own training approach
- ▶ Successfully detect your target group's problem and offer a solution
- ▶ Understand how to build up activities in a programme
- ▶ Learn how to smoothly reflect after an activity

## CREATE AND MANAGE CONTEXT

- ▶ Use and develop context to shape desirable training outcome



## CREATE THE ROLE AND METHOD OF A TRAINER

- ▶ Develop your own training approach (do you ask instead of giving answers, are you distant or are you close to the group etc.)



# WHAT DO WE CONSULT?

## Embodiment

Palmer, W., Crawford, J.  
Leadership Embodiment

Strozzi-Heckler, R. The art  
of somatic coaching:  
embodying skillful action,  
wisdom, and compassion

Hamill, P. Embodied  
Leadership: The Somatic  
Approach to Developing  
Your Leadership

## Experiential learning methods

Kegan R., Lahey L.  
Immunity to change.

David A. Kolb,  
Experiential Learning

## Learning

The Power of Ontological Learning: An  
Interview with Julio Olalla

Eagleman, D. The Brain: The Story of You

Kirkpatrick, J. D., Kirkpatrick W. K.  
Kirkpatrick's Four Levels of Training  
Evaluation

## Methodical work

Winkelaar, P. (2001).  
Methodisch werken

The principles of  
Montessori pedagogy

**Click here for  
the e-book:**

**Training with  
the Karin de Galan  
method**



# WHO ARE THE TRAINERS?



## YASSAR MARKOS

Yassar started to work with Olde Vechte Foundation in 2010. He has been delivering trainings and workshops on different topics (personal development, coaching, NLP, communication, presentation skills, training for trainers, negotiation, productivity) in the last 9 years. He was formed as a medical doctor and is presently doing his masters in psychology.



## LENA NASIAKOU

“The most important tool you have is you” is what guides Lena as trainer and coach. After graduating from her masters in Adult Education, opened her company **Lena's Moves** and brought up a unique approach to learning: the body. As a former dancer, she knows the possibilities of the body and specializes in the field of the embodiment. Her vision is to empower professionals to achieve even greater successes thus she supports them to looking at the body, instead of living through it.



## EIMANTAS DIDZBALIS

As a vocal coach Eimantas sees the importance of bringing awareness of how the voice works in order to impact people.

He is working with artists combining coaching tools and Bel Canto approach in order to get the best out of their performances. He is passionate about working with people who aim to gain vocal courage in order to speak with clarity and to perform on stage.



# WHAT DO THEY SAY ABOUT THE TRAINING?

**ANNA MORO, 32, MEDIATOR, ITALY**

The most valuable knowledge I gained was when working with the Winkelaar method. I now feel confident when creating a training, because the process is clear to me. Next to this, now I have a better understanding on how to work for and together with a client. Lastly I now strongly feel the importance of context for participants in trainings. It has been a valuable training for me.

**MOHAMED NABIL, 42, MANAGER INSTRUCTOR, EGYPT**

Deliver a personalized training - I experienced to what extent I can create a program for different clients using in creative ways the methods that I already have in my pockets. What was inspiring to me was collecting techniques and approaches from other participants.

**MAGYAROSI BELLA, 29, OUTDOOR TRAINER, ROMANIA**

The vocal aspect of the training helped me to be aware of the power of my voice and I realized that is an important tool in my work as a trainer. The concrete feed-backs were very useful and having the opportunity to implement them on the spot, brought me a lot of insights I was not aware before. Now I feel that I can use my voice in a more conscious way, which is a great support in creating the atmosphere I want for my participants.

# HOW TO APPLY?

Olde Vechte offers an elegant all inclusive training experience. The price includes accommodation and food expenses at the site of the training. It also covers all necessary materials and relevant training material.

If you wish to apply, fill in the online registration form. Please note that only complete registration forms are taken into consideration.



## PARTICIPATION FEE

**€375** General participation fee

Discount:

**€475** Participation fee for people living in Austria, Belgium, Denmark, Finland, France, Germany, Iceland, Ireland, Luxembourg, Lichtenstein, the Netherlands, Norway, Sweden, Switzerland and United Kingdom

**15%** - if you have done an Event Wise or Practicing Coaching training



# WHO ARE WE?

**Olde Vechte Foundation** is a non-profit organization, based in Ommen, the Netherlands. Since 1966 it has been functioning as a training center with a long experience in non-formal education, coaching, personal development, social and cultural work. The Foundation is open to everyone and its vision is to create a world that works for each one of us out love, care and cooperation. Modern approaches of **contextual learning** are used in all the activities of the Foundation. Kinaesthetic, auditory and visual senses are involved, bringing about **learning by experiencing** and enabling the full participation of the trainees.

The training course will take place in and around the group accommodation of **Olde Vechte Foundation**.

