

**Preliminary programme of ONE 2 ONE Training Course  
5-11 October 2020 | Brussels, Belgium**

Time frame	Day 1: 5 October	Day 2: 6 October	Day 3: 7 October	Day 4: 8 October	Day 5: 9 October	Day 6: 10 October	Day 7: 11 October
9.30-13.00		<p>Exploring and sharing our contexts</p> <p>Exploring curiosity</p> <p>TC framework: Concept of One2One</p>	<p>Stretching our understanding of <b>inner readiness</b> and competence</p> <p>Importance of <b>reflection</b></p>	<p>One 2 One <b>approaches</b> (coaching, mentoring, therapy etc.)</p> <p>One 2 One <b>skills-building</b> being non judgemental</p>	<p>Giving and receiving feedback</p> <p>One 2 One models, techniques and methods: <b>Practice</b> time with peer buddies</p>	<p>Reflection on the practice sessions</p> <p>Exchanging own One 2 One dilemmas: case studies</p> <p>Self preservation in One 2 One</p>	Departures
14.30-18.30	Arrivals	<p>What is <b>learning</b>? What happens when we learn?</p> <p>Supporting learning</p> <p><b>Youthpass</b> process</p> <p><b>Reflection time</b></p>	<p>Exploring the elements of supportive relationship</p> <p>One 2 One <b>mindset</b>: developing empathy</p> <p><b>Reflection time</b></p>	<p>One 2 One <b>skills-building</b> active listening asking questions</p> <p><b>FREE-TIME</b> (2<sup>nd</sup> half of afternoon)</p>	<p>One 2 One models, techniques and methods: <b>Practice</b> time with peer buddies</p> <p><b>Reflection time</b></p>	<p><b>ETS</b> Competence model of youth workers: self-assessment</p> <p><b>Identifying</b> own learning</p> <p><b>Youthpass</b>: documenting your learning</p> <p>Evaluation</p>	
20:30	Welcome Evening	One-to-One Inspirational Evening	Self organised time	<i>Local experience</i>	Self organised time	The Goodbye-and-good-luck PARTY	