



Are You(th) Aware?

Training course on self-awareness and wellbeing in Youth Work

Every day we will have 2 interactive sessions (video call) and one self-directed session (offline or online based on your preference) in between.

On the 2nd and 3rd day before the program there are optional short sessions offered.

Topics that we are going to open up:

Day1

- After getting to know each other,
- we discover what well-being means for us.
- Also we are going to discover the map of well-being to sum up the international experiences.

Day2

- We will get familiar with a frame that helps you get a holistic approach about well-being,
- and also you will have the chance to assess yourself.
- At the end of day it is interesting to share our experiences about youth and well-being.

Day 3

- Last day is dedicated to find out how we can contribute to the well-being of young people,
 - and to share, study and try tools for that.
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