

# Resilient.

A 7-day training course to cultivate the ability to deal with change and uncertainty

16th - 22th of October  
Ravnogor, Bulgaria



# About the project

'Resilient' is a training course that aims to help youth workers improve their ability to deal with challenges in personal and professional life by cultivating their resilience skills.

Resilience is known as the ability to bounce back from adversity. It involves our ability to adapt to change and see challenges as opportunities. As well as a deep trust in one's personal strengths and support system to tackle every difficulty.

**Through experiential learning sessions guided by professionals you will be able to practice each of the key skills associated with resilience and learn concrete methods you can use to support your local community.**

All of it while enjoying the beautiful Bulgarian countryside and sharing experience with 26 participants from 7 different countries.



# THE METHODOLOGY

## An experiential learning approach

The methodology adopted will be a combination of **experiential learning** sessions and **practical tools** sessions designed to develop different skills involved in resilience.

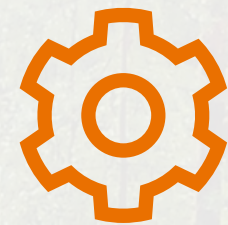
Each session will be focused on a particular skill, and you will have a chance to both become aware of your own habitual patterns, as well as explore new methods and attitudes.

In order to do this we will use a variety of non-formal education methods such as body movement, individual reflection, sharings, mindfulness exercises, applied theater and group discussions.



# What skills will you develop?

Participants will have the chance to train the key skills connected to resilience:



Creativity and  
problem-solving



Emotional  
regulation and self-  
esteem



Building strong  
relationships and  
communities



Goal-setting and self-  
motivation



Growth mindset and  
learned optimism

# WHO ARE WE LOOKING FOR?

We would love to hear from you if...

- You're over 18 and reside in Bulgaria, Czech Republic, Greece, Italy, Spain, Germany or Croatia
- You are a youth worker/ NGO co-founder, project manager, director, ESC coordinator or a volunteer.
- You're interested in developing personal resilience, and help young people doing the same in future;
- You're committed to taking part in the whole program and the follow-up;
- You are able to freely communicate in English.

Note: Youth workers with fewer opportunities (social, economic, cultural, geographical, NEETs) will be given a priority in the selection process.



# HOSTING PLACE

## Location & accomodation

The project will be held in Ravnogor, Bulgaria. The venue is located very close to the nature.

Accommodation and food (breakfast, lunch and dinner) for the duration of the activities will be covered by the hosting organisation. Participants will be allocated in rooms by two or three, according to their personal choice. Diversity is welcome!

You can additionally check [here](#) the regulations regarding traveling from your country to Bulgaria & COVID measures.



# Practical information

## Financial & travel arrangements

This program is supported and co-funded by **Erasmus+ Programme of the European Union**. Accommodation, food and training materials will be provided by Synergy Bulgaria. Additionally, we will take care of the bus Sofia - Ravnogor - Sofia.

Travel costs of the participants from hometown to Sofia and back will be reimbursed up to the limit:

- Bulgaria - 0€
- Italy, Czech Republic, Croatia, Germany, Greece - 260€
- Spain - 345€

COVID-related expenses will also be included into national travel limit. You can additionally check [here](#) the regulations regarding traveling from your country to Bulgaria. The participation fee is €30.



# WHEN WILL IT HAPPEN?

## Timeline of the training course

**October 15:** Arrival day. Meeting around 16:00 in Sofia, then coming together by bus to Ravnogor.

**October 16:** Start of the program.

**October 22:** End of the program.

**October 23:** Departure day. Leaving by bus from Ravnogor at 08:00, arriving to Sofia at around 11:00.



# THE TEAM

The training will be facilitated by:



## Yulia Markos

Strategic leader of Synergy Bulgaria, certified coach & trainer. Starting from 2015 she's worked individually, in groups and within organizations with clients from 10+ countries from and outside of Europe. She's got 400+ hours of private coaching sessions and led 60+ open events and trainings in three different countries.

Blending together the approaches of Coach Training EDU (USA), Coaches Rising (NL/USA) and Business Coaching Institute (RU), she works on the crossroads of coaching, positive psychology and experiential learning.



## Paula Valero

Paula is an educator with a background in theater. She holds a post-graduate degree in Emotional Education and Well-being by the University of Barcelona.

She has experience delivering trainings on emotional intelligence for youth and adults. She has spent the last few years exploring the wide variety of tools theater and art have to offer for personal growth and education, learning from experts on applied theater such as Tr3s Social and Crossborder Project, and is looking forward to apply them in this course.



# THE HOSTING ORGANIZATION

## About Initiative for Development Gabrovo

This NGO was established in 2007 with the purpose of supporting the needs of the local community in Gabrovo. We collaborate with different partners in order to ensure the access of people with all backgrounds to quality education, employment and social services. We are supported by local and international volunteers that bring in their expertise to our projects in topics such as: personal development, emotional intelligence, employment, diversity, active participation and education.

A person with long hair, wearing a light-colored shirt, is sitting on a large, flat rock on a mountain trail. They are looking out over a valley filled with green trees and distant mountains. The scene is framed by large, grey rock formations on either side. The sky is overcast and grey.

**APPLY HERE!**

Feel free to contact us, if you  
have any questions:  
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