

Programme of the Training Course" The art of development"



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Time/ Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
	27th January	28th January	29th January	30th January	31st January	1st February	2nd February	3rd February	4th February	
9:00 - 10:00	Arrival: pick up time TBC	n/a: sleep more today	Breakfast							Departure: departure time TBC
10:00 - 11:00		Breakfast	Preparation time for participants of the day - how I am ready to go?							
11:00 - 11:30		General introduction of the TC / Personal introduction of participants and trainers/ Group agreement /	Reflection Goups: what has happened?							
11:30 - 12:00			Break I							
12:00- 14:00			Decision making V/A chart - process	Coaching time: developing competences needed to work with youth	Day of visit: Traditional craft workshop	NGO fair and Map of opportunities / Project development	Consolidation of the methods: presentation of the homework and methods learned here	Follow-up activities and dissemination: make your plan		
14:00 - 15:30			Lunch							
15:30 - 17:00		Team building through body movement	Body movement workshop: understanding emotions through the movement	Coaching: learning, blocks for learning and learning cycle	Coaching: procrastination, assertiveness, resilience	Open space for participants' workshops	Working on the creation of the tool box	Coaching time: how to keep on going with what we started or "what's next?"		
17:00 - 17:30		Break II								
17:30 - 19:00		The power of curiosity: continuation of team building	Self-development through Body movement	Coaching for self- development: who am I?	Embodied Mindfulness	Open space for participants' workshops	Working on the creation of the tool box	Closing of the programme		
19:00 - 20:00	Dinner									
20:00 - 21:00	Welcome	Stand by me	Columbian hypnosis	Power of the voice	5 Rhythms	Tango	Finalizing creation of the tool box			