

Emotional Well-being, Art and Youth Work

Draft Training Programme

-the daily programme here is up to changes based on the expressed needs of the final group of participants-

	Day1- 31 st May Tue	Day2- 1 st June Wed	Day3- 2 nd June Thu	Day4- 3 rd June Fri	Day5- 4 th June Sat
Morning Sessions (3hours)	Introduction Group Building	Youthpass and learning Youth workers' role, power and influence in dealing with emotional Wellbeing <i>Opportunities and challenges</i>	Parallel Workshops Creative Writing / Ebru Painting <i>Practice and reflection</i>	Communication Skills -active listening -asking the right questions -processing experiences	Erasmus + Opportunities Harvesting learning from previous days
	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon Sessions (3hours)	Explore Balestrand <i>-Cultural walk-</i> Emotional Well-being And Youth Work <i>sharing realities</i>	Parallel Workshops Creative Writing / Ebru Painting <i>Practice and reflection</i>	Forest Art in Balestrand <i>Practice and reflection</i>	Sharing Practices from our Work <i>Space for participants to share their methods / work</i>	Action Plan Evaluation of the training course Closure
	Daily Reflection Time	Daily Reflection Time	Daily Reflection Time	Daily Reflection Time	
	Dinner	Dinner	Dinner	Dinner	Dinner
Evening Program	Decoding Myths and Folk Fairy-tale	International evening <i>food, dance, music, games</i>	Free evening <i>proposal by participants</i>	Sharing Practices from our Work II	Goodbye dinner