

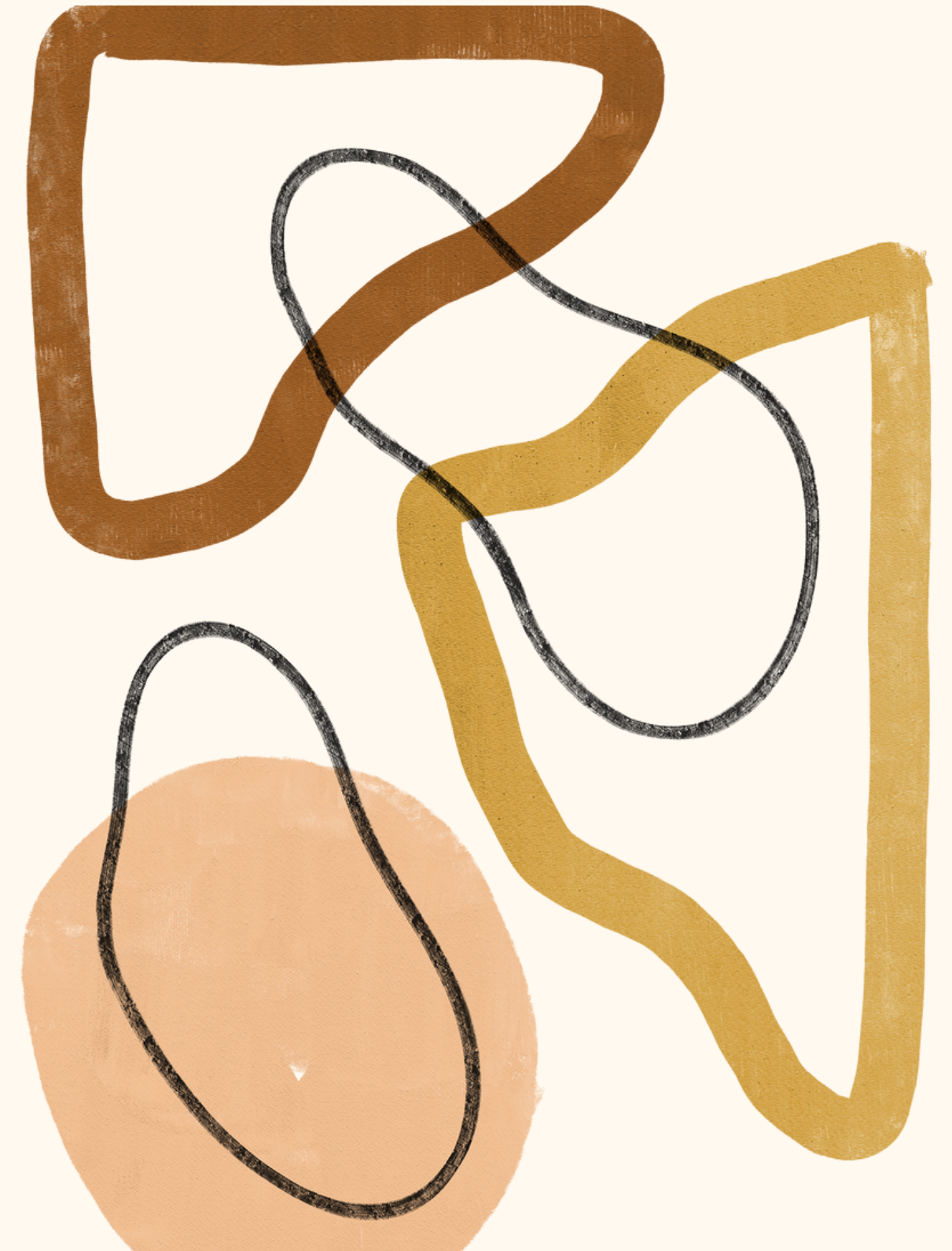
ELEMENTS OF CONNECTION

PROFESSIONAL DEVELOPMENT ACTIVITY FOR
PEOPLE WHO WORK WITH PEOPLE

5TH - 11TH MARCH 2023
OMMEN, THE NETHERLANDS



Co-funded by the
Erasmus+ Programme
of the European Union



WHAT IS IT ABOUT?

We have been working with young people for years. Our assumption was that often, young people are just one step away from finding great jobs and learning to sustain themselves and enjoy life. We thought this step is related to skills. Concrete skills, such as communication, digital competencies, literacy etc. We thought that only if we create a space where they can acquire those skills, the step will be taken.

In the past years, we notice that **there is something else...**

Many skilled and prepared for the great job young people actually share with us that they **feel lost**. That they don't want a great job and to make money and have a car and flat... They want to do **something meaningful**. They struggle to find joy and direction in daily life. **The world offers so many opportunities and... they don't really know which path to take.**

With Elements of Connection, we **connect the elements** we have in front of us when speaking of professional growth.



THE ELEMENTS...

- How to walk my own **GROWTH** process, with integrity and resilience?
- How to be **open to new experiences** and adventure, while **staying rooted in my principles** and values?
- How to **connect with others without losing myself**?
- How to make **choices** and not experience fears of missing out on better opportunities?
- How to **walk towards my dreams** yet still connected with the present moment and what life offers me today?
- How to develop myself and at the same time, develop my **local community**?
- How to be **strong, yet vulnerable and authentic**?
- How to not sabotage myself, because of fears?
- How to **enjoy life** daily and walk the path of success?
- How to **stay healthy** in times of crisis and difficulties?
- How to be connected both locally and globally?
- How not to burn out from all this information and opportunities out there?



WHO IS IT FOR?

"Elements of Connection" Professional Development Activity is for people who work with young people that face questions like the ones above.

During the Professional Development Activity, you:

- meet other people who are engaged in the field of youth
- exchange good practices and networks
- develop coaching and communication skills to effortlessly support young people in their development

Register: [here](#).

PARTNERS



ALTER NETWORK

LEARNING OUTCOMES

- **Coaching skills**
 - How to connect with the people you work with
 - How to ask questions that create movement in the person
 - How to set boundaries
 - How. to work effortlessly and create impact
 - How to listen to what the person is saying and hearing what is not said
 - Creative approaches to coaching
- **Communication skills**
 - How to communicate in a way that creates connection and clarity
 - Body Awareness & Nonverbal communication
 - Public speaking
- **Mindfulness**
 - How to implement mindful practices in your work



HOW DO WE LEARN

- **The Environ.Mental Method of learning**

- Daily challenges that invite you to take a step and do an action with a physical impact (experience)
- Critical reflection, 360°
- Giving your learning a shape and words (expanding your own dictionary)
- Bringing your learning to your community, giving it a shape together

- **Experiential learning**

- You learn by doing.
- Multiple different practices, games and exercises.
- System of daily challenges
- Simulations
- Hands-on processes
- Mindful practices

- **Community learning**

- Learning from each other
- Peer-to-peer
- Reflection groups and support groups

FACILITATORS

Joanna Nikolova & Zsofi Gaudi

Joanna & Zsofi are founders of **the Environ.Mental Method**. They host learning spaces where people can connect and grow.

Joanna has a background in Cultural Anthropology and Theatre. She has specialized in coaching and communication. At the moment she facilitates personal and professional development programmes, retreats and community events.

Zsofi has a background in Psychology and Adult Education. She specializes in working with people in drug and alcohol recovery. She is a coach and educator, traveller and mentor in Hopeland.

More about Environ.Mental, Zsofi and Joanna, find [here](#).



ACCOMODATION

We will be hosted at the group accommodation facilities of the Olde Vechte Foundation.

Accommodation is **located in Ommen**, a small town in the Netherlands.

We are in rooms of two or three people, sharing working areas, a cosy area, a kitchen, toilets and showers. It is a community space, so we take care altogether to keep it clean and cosy.

Our food is prepared by the volunteers of the organisation, who are cooking meals from all over Europe.

Near the accommodation, there is a river (if you are into cold swimming) and a forest with a trampoline.

You can reach Ommen easily by train (1.5 - 2 hours from Amsterdam).



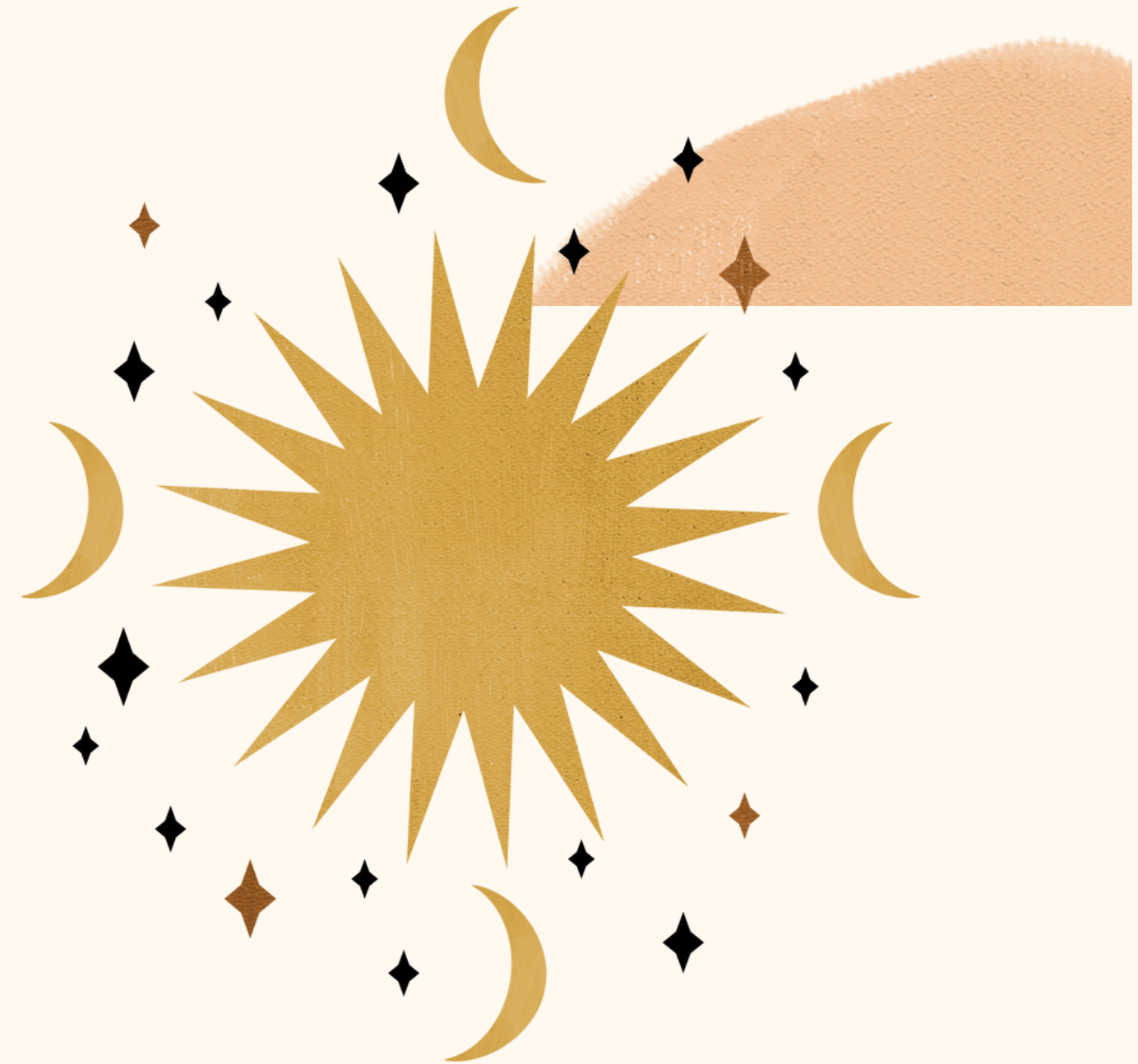
FINANCIAL AGREEMENTS

- Your accommodation, meals and transport are covered by the Erasmus + Programme.
- After the project is completed, you will receive the full reimbursement of **275 euros** for your travel. We will not ask you to present tickets, invoices and other documents.
- If you **travel Green** (with a train, bus or shared car), you will receive the full reimbursement of **320 euros**.
- A **participation fee of 90 euros** will be deducted from your reimbursement.
- If you plan smart and buy cheap tickets (or bike, hitchhike, come with shared car), you can even save some money to enjoy your experience in the Netherlands.



WHAT TO BRING?

- We go Green, so we ask you to bring your own:
 - **Notebook and pencil**
 - **Reusable water bottle** (tap water here is drinkable)
- **Towels and cosmetics** (such as shampoo).
- **Comfortable clothes** (layers) **and shoes**. We will have activities outside, inside, we will move, we will walk... so better bring warm clothes and also layers, so you can take layers off when inside. Keep in mind, the weather here has its own character and we don't know what it will bring. We can have warm and sunny days next to rainy and cold days.
- You are more than welcome to bring your favourite creative tools (metaphorical cards, Dixit, music instruments, camera).





REGISTER

REGISTER HERE

To register for the Professional development activity "Elements of Connection", please fill in the registration form. We will connect with you within a week.

For more info, write to us at info.oldevechte@gmail.com

DATES

PDA meeting: **5 - 11 March 2023**

Local Phase: March - June 2023

*dates excl. travel days



LOCATION

OLDE VECHTE FOUNDATION
OMMEN, THE NETHERLANDS