

The ASHA Centre is inviting you to two residential training courses under the project

Youth, Arise! Creative Tools for Youth Workers

Empowered Speaker

16-25 May 2023

Mindful Youth Worker

6-15 June 2023



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



ASHA CENTRE
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About the project

"Youth, Arise! Creative Tools for Youth Workers" is a project organized by The ASHA Centre and co-funded by The Erasmus+ program aimed at supporting self-empowerment, mental and emotional resilience, entrepreneurship, and the spirit of initiative among young people in Europe.

The goal of the project is to nurture a new generation of youth workers with the tools and techniques to make a significant impact on young people in our society.

The "Youth, Arise!" project consists of **two** interlinked **training courses**, namely **The Empowered Speaker** and **The Mindful Youth Worker**, which will be held consecutively in May and June of 2023.

Both courses aim to empower young people to become effective leaders and change-makers in their communities and will be based on a holistic, educational model with an emphasis on personal experience. It will include input from experts in the form of workshops and lectures, creative study, conversation and discussion, drama-based games and exercises.

It is possible to apply for **one or both** of the courses.

Call for Adventure

We invite you to participate in one (or both) of these residential training courses, which will support you in developing your key personal and professional competencies as regenerative leaders of your groups and communities. We invite a diverse range of languages, cultures, nationalities, and perspectives.

We are looking for youth workers, community leaders, changemakers, and educators working with young people in youth groups, organizations, and initiatives that are actively involved in environmental, social or systemic change, and in bringing transformation into society.



The aim



The "**Empowered Speaker**" is designed to help participants develop stronger, more empowered voices so that they can speak and communicate in more attractive, effective ways with better personal presence and confidence. To introduce them to the best elements of British culture in the form of Shakespeare. To equip them with the skills to coach young people in self-empowerment through voice.

The "**Mindful Youthworker**" course equips youth workers with skills and knowledge for working with young people mindfully and compassionately. Participants will learn practical tools and techniques of mindfulness, how to create safe and inclusive spaces and develop greater poise and presence. This transformative course empowers youth workers to engage and motivate the youth they work with more effectively.



Project objectives

Empowered speaker

- To lead participants on a creative learning journey addressing the theme of relationship; to improve their communication and social skills with the goal that they transmit this learning to others in the communities.
- To help participants develop stronger voices and modes of expression; to help them speak and communicate in ways that attract and inspire others.
- To equip them with new and useful skills with which they will feel empowered and inspired and can more effectively serve their communities.

Mindful Youth Worker

- To support participants to develop greater poise and presence in their work; to encourage greater calmness and clarity.
- To promote the values of peace and cooperation, which underpin European civilisation; to help foster a new generation of youth workers, supporting these values through creative out-reach activities.
- To enhance understanding of the social factors that lead to apathy and alienation amongst young people and to help participants develop positive strategies for tackling these.

What can you expect?

Both courses aim to empower youth-workers and develop their skills in mindfulness, as well as enable them to deliver courses and workshops on this theme. ASHA Centre is described as beautiful and well-cared for, with nutritious food and a community-building environment. Participants can expect a powerful and enjoyable social experience, with the opportunity to connect with people from diverse backgrounds. From both courses you could expect:

- Training in empathic communication
- Voice work to improve speaking and articulation
- Connecting to personal enthusiasm
- Exploration of Shakespeare to learn from his speeches
- Choir sessions to experience the power of song to heal and unite
- Development of personal projects
- Toolbox of games and exercises to inspire and motivate young people
- The Art of Presence
- Understanding the temperaments
- Mindfulness exercises and activities
- Group-bonding activities to connect with participants from different countries and backgrounds



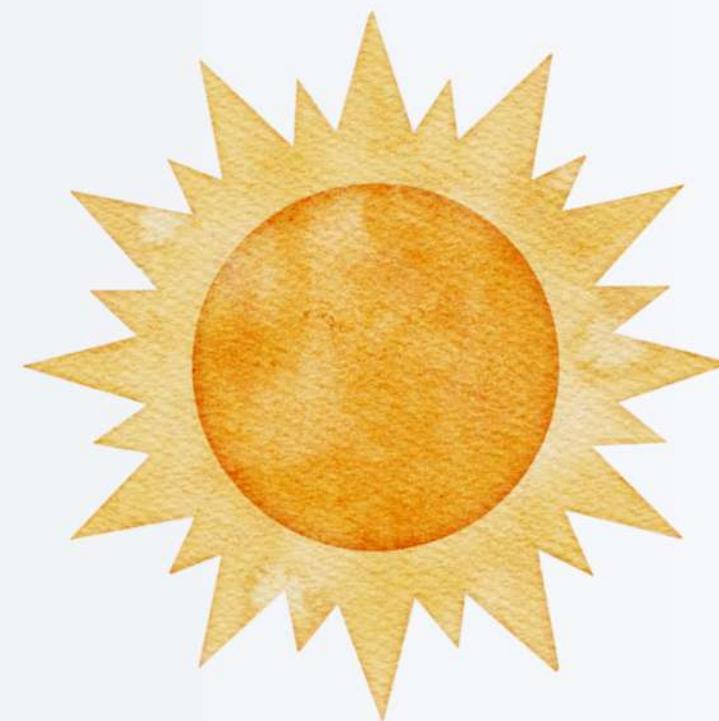
Practical info

Trainings are delivered by our training team, with work inside our studio, the surrounding gardens, and forest.

The trainings will run from **9:30 am until 7 pm** each day, (with some evening sessions), with two tea breaks, a lunch break and a rest period.

Each day offers reflection time, including a discussion on working methodology and curated space for silent study.

Our courses tend to involve a certain amount of **interpersonal work, outdoor activity, and physical contact**. If this might raise any challenges for you, please let us know in the application form, so that we can discuss how to best support you.



Who are we looking for?

We are looking for highly motivated individuals who want to participate in a fully funded residential training course that will support the development of key personal and professional competencies for them and young people they work with.

Participants who are willing to embark on a journey of personal and interpersonal work, dive into work with their voice, body and mind.

We welcome all cultures, ethnic origins, races, nationalities, accents, cultural identities, sincere spiritual practices, religious affiliations, gender identities, sexualities, and life experiences.



Partner Organisations

- **Slovenia** - Drustvo za Spodbjane Razvoja Mladih Det
- **Greece** - The S P I R A L Holistic Education
- **Hungary** - Compass Európai Ifjúsági Közösségért Egyesület
- **Italy** - Associazione di Promozione Sociale Joint
- **Turkey** - Sistem Ve Jenerasyon Dernegi
- **Latvia** - Rigas 34 Vidusskola
- **Estonia** - Seiklejate Vennaskond
- **UK** - The Asha Foundation



Training venue



Both trainings will take place in the beautiful **ASHA Centre in the Forest of Dean.**

Rooms are **dormitory style** (3-6 people) and furnished to a high standard, with **mostly vegetarian** home-cooked meals.

You will be welcomed into the **working community** at ASHA, sharing meals and given opportunities to integrate and interact with staff and volunteers.

You will be welcome to **volunteer in our gardens** during your breaks.



Travel and Reimbursements

Travel days:

Empowered Speaker

arrival 16th May

departure 25th May

Mindful Youthworker

arrival 6th June

departure 15th June

The ASHA Centre reimburses 80% of your travel costs up to the following amounts based on your distance band.

We believe that a modest contribution from participants to the overall costs of a project helps to create a sense of investment and ownership.

Distance band	Amount per participant (return trip)
100 - 499 km	180 EUR
500 - 1999 km	275 EUR
2000 - 2999 km	360 EUR

**You may check you travel distance on this link*



How to apply?

If it feels like you would like to answer this call for adventure and apply for one (or both) of these courses - please click [here](#) and complete this application form by 23rd April 2023.

The ASHA Centre or our partner organisations will be in touch with you shortly after the application deadline.

We look forward to receiving your application and hope to welcome you at ASHA soon.



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