

Training course

"ONE 2 ONE"

supporting learning face-to-face

23 - 29 October, 2023

Lithuania

We are happy to invite you to the 8th edition of this training course where we explore the power of the individual relationship in supporting the learning processes of young people.

The popularity of this course demonstrates how much youth work practitioners feel they need training to better support young people through their individual development and learning processes. They are increasingly required to be able to work not only with groups of young people but, also, to accompany them on an individual basis.

THE AIMS AND OBJECTIVES OF THE TRAINING COURSE

The main aim of this course is **to empower and equip** youth workers **with competences** needed to work in a **one-2-one relationship** with young people in order to support their learning and development processes.

Within this, you will:

- Explore what “supporting learning” means in one-2-one relationships;
- Practice different one-2-one learning support methods and approaches;
- Learn how to support self-reflection;
- Exchange about the various contexts where one-2-one happens and current influences affecting the work we do;
- Compare approaches such as mentoring, coaching and tutoring;
- Learn how to implement the Youthpass process;
- Explore how one-2-one approaches are reflected within the ETS competence model for youth workers working internationally.

What does “One 2 One” stand for?

“One 2 One” is a play on words: it means face to face - the individual relationship between a youth worker and a young person - the subject on which we are focusing during the training course.

The elements of the One 2 One learning process:

Individual online talks with one of the facilitators - in order to provide the possibility for each participant to experience being supported individually in their own learning process, the online training course is extended by One 2 One individual talks with one of the facilitators 2-3 weeks **before** and, again, 2-3 weeks **after** the course.

Practice period - after the course we invite you to practice the tools and skills introduced in the programme directly with the young people - or team - you work with. The final online One 2 One talk will focus on reflecting on your practice and your learning out of all experience.

Online platform for sharing - is where you will find all the materials and resources we will use in the programme and we will also create an online social space for all the group exchanges.

THE FRAMEWORK OF ONE 2 ONE LEARNING PROCESS offers a much longer support for your learning than a “standard” one-off training course.

Online Platform for Sharing

Individual online talks with one of the facilitators
3-2 weeks before the course

GROUP LEARNING
Draft Programme

Practice period

Individual online talks with one of the facilitators
2-3 weeks after the course

23 Oct	1 day/ 24 Oct	2 day/25 Oct	3 day/ 26 Oct	4 day /27 Oct	5 day/28 Oct	29 Oct
Arrivals	Exploring and sharing each other contexts	Stretching our understanding of inner readiness and competence	One 2 One skills-building session II	Practice of One 2 One skills and models One 2 One talks with one of the facilitators	Reflection on the practice sessions	Departures
	TC framework How to learn here?	The importance of reflection and how to reflect	One 2 One skills-building session III		Self preservation in One 2 One	
	What is learning?	Exploring the elements of supportive relationship Different One 2 One approaches (coaching, mentoring, tutoring etc.)	One 2 One models, techniques and methods		ETS Competence model of youth workers: self-assessment Identifying own learning	
Welcome evening	Youthpass process-process of learning	One 2 One Skills building session I	One 2 One models, techniques and methods	Youthpass: documenting your learning Evaluation		

CHECK WHETHER YOU MATCH THE PROFILE OF PARTICIPANTS AND APPLY!

Professionals and volunteers – youth workers and/or youth leaders, youth trainers, mentors, educators etc.:

- who have minimum one year of experience in working with young people (be it in a local youth work or an international mobility context);
- motivated to extend your competences to work in one-2-one relationships;
- minimum 18 years old;
- able to actively participate in English.

