



Erasmus+

**YSW: Wellbeing for Youth Workers Training Course  
11-14 April 2024**

**Draft Programme**

	Day 1 11-04-2024 Thursday LANDING	Day 2. 12-04-2024 Friday	Day 3. 13-04-2024 Saturday	Day 4. 14-04-2024 Sunday
09:00 11:00	Arrival up to 13:00	Wellbeing Check in time.  Youth Work practice, the context I work in	My needs & Balancing Energy	DEPARTURE
<b>Coffee</b>				
11:30 13:00	Arrival up to 13:00	Who am I Values, Qualities & Characteristics	5 ways to Wellbeing	
<b>Lunch</b>				
14:30 16:30	Welcome + Get to know + Intro to programme + Setting the context	Selfcare practices	Selfcare plans	
<b>Coffee</b>				
17:00 19:00	Exploring wellbeing: Emotional checkin How am I?	Selfcare practices Sharing inspirational tools	Evaluation and closing	
<b>Dinner</b>				
20.30 21.30	Meeting our needs	Exploration of the area.	Dinner out	