

Programme flow "Confident Youth Worker: The Assertive Approach" 7-12 May 2024

	Arrival day	1st day	2nd day	3rd day	4th day	Departure	
	Arrival	Breakfast					Departure
9:30		Intro to the training course	Morning Check-in			Giving and receiving feedback	
I.Session 10:00			Assertive communication	Conflict Management			
11:30		Break					
II.Session 12:00		Connecting to the group & its resources	Assertive communication	Staying assertive in conflict	How to apply it in practice? Future steps		
13:30		Lunch					
III.Session 15:30		Assertiveness: diving into the topic	Setting boundaries	Emotions & Conflict	Final reflection and evaluation		
17:00		Break					
IV. Session 17:30		Me and assertivity	Hands-on Experience	Guided Tour in Vilnius			
19:00		Dinner			Dinner out	Dinner	
Evening program	Informal introduction	Bonding Activities	Self-organised evening	Goodbye evening			

The program is only a draft and it may change according to the needs of the participants.