



Life Competences as a Navigator for Change: A Youth Worker's Toolkit
13-18 May 2024, Litchoro, Greece



	ARRIVAL DAY - 13/5/24		DAY 1 - 14/5/24		DAY 2 -15/5/24		DAY 3 - 16/5/24		DAY 4 - 17/5/24	DEPARTURE DAY -18/5/24
07.30-9.00	Arrivals	Lifelong Learning Mindset	BREAKFAST	Get familiar and Understand Life Comp parts 2 & 3	BREAKFAST	Tools for managing Self-regulation (Mindfulness)	BREAKFAST	Creation of collective tools to face transitions / LifeComp	BREAKFAST	BREAKFAST
09.30-11.00			Welcoming and Team Building		Building Bridges with Empathy		Mindful Moments		Toolkit for Transition	
11.00-11.30			COFFEE BREAK		COFFEE BREAK		COFFEE BREAK		COFFEE BREAK	
11.30-13.00			Dive into Lifelong Learning		Cultivating a Growth Mindset		Mindful Practice in Action		Perfecting the Toolkit	
13.00-15.00		Get familiar and Understand Life Comp - part 1	LUNCH	How to connect between personal, social and	LUNCH	Transitions in life	LUNCH	Closing	LUNCH	LUNCH
15.00-16.30			Self-Regulation, Flexibility, and Wellbeing		Personal, social, and professional balance		Navigating Life's Transitions		Letters to Tomorrow	
16.30-17.00			COFFEE BREAK		COFFEE BREAK		COFFEE BREAK		COFFEE BREAK	
17.00-18.00			Setting the Stage for Growth and Collaboration		My action plan		Strategy Mapping		Evaluation, Youthpass and closing	
18.00-18.30		Reflection	Reflection	Reflection	Reflection	Reflection				
19.30-20.30		Dinner	DINNER	DINNER OUT	DINNER	DINNER				
	Welcome evening	Free evening	Free evening	Free evening	Farewell evening					

Departures