



BE the Change

... and be here

CALL FOR PARTNERS TC
A.D.E.L. SLOVAKIA
DEADLINE FEBRUARY 2019

Sterotypes, Patterns & Mindfulness

” **Patterns** are forming our personality from the day we are born. Consciously and unconsciously. They are helping us to understand better the world, recognise and define objects, people and even danger. Many times they are based on stereotypes and concepts and therefore are not that beneficial for oneself. We usually take the patterns over from our enviroment, families, and friends very unconsciously”

” **A stereotype** is any thought widely adopted about specific types of individuals or certain ways of behaving intended to represent the entire group of those individuals or behaviors as a whole. It may or may not accurately reflect reality.”

” **Mindfulness** is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the different practices and training. Focusing on the present help oneselve to truly life and get over the past and future .”

Aim of the project

Most of the patterns, stereotypes, concepts have no logical reason/background. They simply are and they are influencing the live of everyone, youth especially.

The main aim of "BE the change" is to help youth workers to identify different stereotypes, concepts and patterns that are influencing youth mostly in negative way. After identification we will give the youth workers tools that are connected to the mindfulness techniques and that can help them in their work in order to help the youth break the patterns. The participants (youthworkes) will have a chance to experience these techniques and tools themselves to fully understand them, so they can use them for their work, go on and work on their own patterns more in their future daily life as well.

Structure

Training Course

22 participants

2 per country

11 countries

9 days long program in second half of
2019 August - October, Slovakia

Program



1st day - Arrival day + Welcoming/ Intro

2nd day - HERE & NOW - How to be fully present and stay in the reality, in contact with oneself

3rd day - SOCIETY - Patterns and Stereotypes we are getting from our culuture and religion

4th day - FAMILY - Patterns and Stereotypes we are getting from our family

Program



5th day - MYSELF - Stereotypes and
Patterns I am making myself

6th day - APPROACH - How does emotions and
positive approach influence our patterns

7th day - SHARING IS CARING - How to effectively
learn from each other

8th day - Closing day

9th day - Departure day

About us

Filip Kňážek - trainer, facilitator, pharmacist, volunteer

Filip is already 5 years in non-formal education environment. He has extensive experience with short-term soft skills trainings aimed on topics such as time management, conflict management, presentations skills, leadership, communication, personality types, body language & movement, intercultural differences, discrimination etc. He has organised one YE under Erasmus+ project and many other events, projects and also conferences in professional and self-developmental environment out of E+. Currently he is organising his own local workshops for public on the topics of self-love, trust and life patterns and he is actively volunteering in Czech NGO Brno Connected, which is part of Synergy group.



Monika Zajíčková - lecturer, journalist, volunteer, mindfulness coach

Monika Zajíčková studied, lived and worked abroad altogether for couple of years, learning how to work and communicate with people from different backgrounds, passing on their experiences and respecting social differences. Currently Monika goes through training as coach and facilitator. At the same time she works in the field of marketing - organizing events, PR, writing and project management. She is intensively engaged in self-development both through Erasmus + projects and local leisure activities - for example in NGOs Mindfulness Club, World Peace Initiative Foundation, where she volunteers and organizes workshop. Apart from that she does martial arts, dance and contact improvisation. In NGO People in Need she is working as a mentor for youth from socially excluded families.



What do we offer ?

High quality and professionalism

Satisfied and motivated participants

Integration of your ideas/ skills/ hints/ advices concerning the topic

Future collaboration

Promotion of your organisation

What do we expect from you ?

Responsible approach

Ability to communicate with us regularly

Interest in the topic

Support for participants from your country

Proper selection of the participants and group leaders

Would you like to be
partner for
"BE the Change"?

Contact us:

info@adelslovakia.org

filip.knazek@gmail.com

+421915433320