

CALL FOR PARTNERS - EU ONLY



OPEN DOORS



**Training program on coaching and positive psychology tools
to improve well-being of LGBT+ community**

About the program

Open Doors is a 3-phase training program that creates a learning community for **youthworkers/educators/mentors/volunteers** to enrich their workskills with practical coaching- and positive psychology tools. **Vision:** to create a common practice that can increase the wellbeing of the LGBT+ members in society.

COACHING: In this trainingprogram the focus is on creating connection and using questioning as a methode for diagnosing the needs of groups or individuals.

POSITIVE PSYCHOLOGY: Is a science of positive aspects of human life, such as happiness and wellbeing. The training is providing tools which one can use when approaching the needs of a group or individual



Structure of the 3 phase-program

6 DAYS
2-4 PARTICIPANTS
PER ORGANISATION

Phase 1: A training program focused on the fundamentals of coaching and positive psychology. Participants will learn about new tools and train skills on how to apply them to individuals or groups

4 MONTHS
IMPLEMENTATION
OF THE ACTION
PLAN

Phase 2: Action Phase where the trained participants put their gained knowledge into action in their local organizations. They will practice and share their learned skills by delivering the activities from the action plan they created during Phase 1 and write an evaluation on their activities

3 DAYS
2-4 PARTICIPANTS
PER ORGANISATION

Phase 3: Calibration training of 3 days focusing on reflection and deepening their skills. Based on their shared successes and challenges we bring in customized input for further professional development on coaching and positive psychology

After Phase 1 participants:

- Know the theoretical base of active listening
- Discover the powerful ways of questioning that they can use during their created activity
- Know how to make connection, maintain connection en work with connection
- Know how to use body- and voice expression while working with groups
- Have a professional attitude towards sensitive topics the LGBT+ community is facing, such as suicidal thoughts and sexuality
- Know how to open up a difficult en sensitive conversation
- Create an individual or group activity connected to coaching or positive psychology
- Create a (online) sharing platform for their organization or their local community to spread the materials and methods



After Phase 2 participants:

- Have the practical experience of preparing and facilitating an individual or a group activity connected to coaching or positive psychology
- Have the experience of spreading and sharing the knowledge and skills within their organization or local community
- Have the skill to receive or ask for feedback and reflect on their (new) professional behaviour
- Know how to write a process reflection and evaluation of their created actions out of the training in phase 1.

After Phase 3 participants:






- Have incorporated the learned skills from Phase 1 and the facilitation experience from Phase 2 into their working methodology.
- Have had the chance to practice and improve further their newly learned skills.
- Have created possible future collaborations within the members of the learning community created in this project.



Partner profile & role



If your organization is actively working with or for the LGBT+ people, **then we are looking for you!** If you want to take part of our project, this is what we see as your role :

-  Assign a contactperson responsible for all the communication with Olde Vechte throughout the whole project
-  Selecting 2-4 motivated participants who will join **all 3 phases** of the program (the number of participants will depend on the exact number of partners)
-  Actively support the trained participants in designing, implementing and evaluating the local action plan they created during phase 1
-  Disseminating and evaluating the results of the project within the network of your organization
-  Supporting the visibility of the project by promoting the results (social media, website etc.)

Participant profile:

To create a successful project we are searching for motivated and experienced **youthworkers/mentors/educators/facilitators/volunteers** fitting the profile:



- 21+ year old
- Knowledge of English
- Committed to follow all 3 phases of the program
- Working directly with or from within the LGBT+ community
- Experienced in delivering individual or group activities
- Active member of the sending organization

According to the 3phase-policy of Olde Vechte during this project we will work with the financial structure as followed:



Phase 1: Training 6 days - participation fee € 75

The travelreimbursement will happen according to the distance calculator. In this phase we reimburse 70% of the travel amount no matter how much was spent on the travel itself. The other 30% we will reimburse after completing Phase 3.



Phase 3: Meeting 3 days – participation fee €55

The travelreimbursement will happen according to the distance calculator. In this phase we reimburse 100% of the travel amount no matter how much was spent on the travel itself. + the 30% from Phase 1

Example:

George travels from Romania to Ommen to join the project. From the distance calculator Erasmus+ George will get €275 for traveling. During phase 1 Olde vechte will reimburse 70% of the travelcost: in George's case €192,5. Even if the travelcost itself is less. From the travel money George can cover the participation fee.

During phase 3 George will be reimbursed with the remaining 30% so €82,5 euro from phase 1, plus the entire travelmoney (€275) for his travel during phase 3. From the travel money George can cover the participation fee.

Trainers

Carla van der Avoird is a trainer and youth worker in the field of public health. She is experienced in providing trainings about sensitive topics such as sexuality, suicide prevention and personal leadership. In the last 9 years she has trained many teachers, youth workers and professionals in (mental) healthcare on how to use 'professional vulnerability' to open up taboo topics. Out of personal experience she is driven to support LGBT+ members in embracing their love for any other.



Roxana Bucur is a trainer and psychologist/coach for young professionals at the University of Groningen, NL. She has been active in youth work since 2005, and had this dream of creating a bridge between formal and informal education. If until now she was mostly busy integrating informal, experiential methods into her teaching at the university, now she is spreading her knowledge on positive psychology into the field of youth work. Her vision is to create, with her approach, a playful space where people can have clarity on their strengths, where they can grow and improve the quality of their lives.



How to apply?

Is your organization interested in a partnership? Fill in our **questionnaire up until 1st of September** or contact us with your questions!

Please take your time and carefully answer the questions in detail by making them specific for this project.



If you have any question, feel free to contact us:

Info.oldevechte@gmail.com

Carla van der Avoird & Roxana Bucur

Hosting Organization

Olde Vechte is a non-profit organization, based in Ommen, the Netherlands. It is an organization with a 50-years experience in non-formal education, coaching, social and cultural work. Throughout the years it has developed specific methodologies that have been adopted for different projects.

The Foundation is open to anyone who is motivated to improve their personal and professional skills in order to create a better society and a higher quality of life. Striving to bring a spirit and energy to each individual, the trainings, and projects of Olde Vechte Foundation take learning as an organic process coming from the diversity of talents and motivations of the people involved.

Olde Vechte Foundation, www.oldevechte.com, Zeesserweg 12, BG 7731, Ommen, The Netherlands

