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BRAVEHEART - LEADERSHIP SKILLS FOR YOUTH WORKERS

**3-PHASE TRAINING COURSE
2018, CZECH REPUBLIC**

WHY BRAVEHEART TRAINING COURSE

Most of the youth workers want to be good leaders and improve their leadership skills: to be more inspiring and motivating, have clear vision and goals, to be able to lead a team. You can learn about leadership from books, training courses, seminars, TED talks, and youtube videos. However, it is a long-term practice and training that is essential for becoming a better youth leader.

Braveheart II is the second run of the TC, which was first held in 2017. Based on the feedback of our participants and our experience, we improved some parts to be even more suitable for youth workers and their needs. So, you will experience a tuned TC!

"Braveheart II is a three-phase training course for youth workers. Its aim is to strengthen and advance leadership skills."

The training course is based on our long-term experience in training youth, teachers and corporate leaders. We work with the methods of experiential and outdoor learning that we've been using since 2006. We put stress on practical training with real effects rather than learning theoretical background. The ratio of practical training to theory is 80:20.

The training course is supported by the Erasmus+ program. Accommodation, food and travel expenses are fully covered. Participation fee is €150. The participants will get €100 back if they take part in all phases of the project.



PROJECT OUTLINE



FIRST PHASE: FIND THE LEADER INSIDE

experiential and self-exploring part (January 2018, 7 working days + 2 travelling days, Czech Republic)

Program:

- Introduction to the youth leadership
- Challenging team tasks and games
- Leadership benchmarking
- Winter experience – 3 days hiking and sleeping 2 nights in a tent on the snow: step out of your comfort zone, experience group dynamics and work under pressure
- Setting the goals of your personal development

INTERPHASE: INDIVIDUAL LEARNING

- Working on your personal development goals (putting in practice what you have learned)
- Coaching groups
- Planning your personal project

SECOND PHASE: BECOME A BETTER LEADER

Developing leadership skills (April 2018, 3 working days + 2 travelling days, Czech Republic):

- Interactive workshops - training of individual leadership skills (based on your personal goals)
- Activities led by participants
- Finalizing and presenting your project plan

INTERPHASE: PLANNING AND REALIZING YOUR OWN PROJECTS

- Realizing your personal project
- Coaching groups

THIRD PHASE: LEADING THE FUTURE

Leadership evaluation and future steps (August 2018, 2 working days + 2 travelling days, Czech Republic)

- Project presentations and evaluation
- Planning the next steps in leadership development
- Inspiring success stories
- Current trends in youthwork
- Celebration & reward

FOR WHOM

WE ARE LOOKING FOR YOUTH WORKERS WHO:

- want to improve in **leading youngsters**
 - want to **feel more confident** while leading activities for youth
 - want to learn and train how to **give and get feedback**
 - want to raise and keep inner **motivation** of youngsters
 - want to **create own project** linked to youth work (e.g. implement changes at your work; prepare and lead new project for youth; ...)
 - are willing to work on **self-development** and reflect on learning process
- 25 participants from different countries (3-4 participants per country)
 - 18+, English level B1-B2 (B2 recommended)

WHAT YOUTH WORKERS WILL EXPERIENCE

- explore themselves as leaders and assess leadership skills they want to develop
- learn about themselves from self-reflection and personal feedback from others
- stepping out of their comfort zone (e.g. sleeping 2 nights outside in a tent)
- taking part in physically and mentally challenging games
- group reflections and sharing
- plan and realize their personal project, prepare and lead different activities



PROGRAM AND METHODS

"We work with the methods of experiential learning and non-formal education. We believe the most effective way of learning is by reflecting one's personal experience. We also put stress on sharing, feedback and learning from mistakes and success."

INTENSIVE PROGRAM: The training and the program will be intensive. We believe that by stepping out of your comfort zone you learn faster. We start in the morning and finish in the evening, the program usually takes from 8 to 10 hours per day. Your participation is voluntary, but the more you experience, the more you learn.



GROUP DYNAMICS AND PEER LEARNING: New challenging situations bring great opportunity for learning from each other. Personal experience is always unique and we enrich each other by sharing it. We will focus on the group dynamics and support the level of trust in the group to learn as much as possible.

PERSONAL FEEDBACK: To learn from each other, we need to know how to say the right things at the right place. We will practice the skill of giving and getting feedback to be able to use it more effectively.

FROM THEORY TO PRACTICE, FROM TRAINING TO THE REAL-LIFE: After each phase, we expect you to put in practice what you have been learning. You might apply little changes to your everyday routines or change the way you work with youth. There will be coaching groups to support you during the interphases.



PRACTICAL INFORMATION

ORGANIZERS

The training course is organized by a non-formal group **Czekobanda** (Czech Republic). The trainers work for Outward-Bound Czech Republic and the Czech National Agency of Erasmus+. More information about us and our previous projects are available at our website www.czekobanda.eu

WHAT TO DO NOW

If your organization is interested in the Training Course, please send us Partner Information (attached) together with the signed Mandate (attached) at projects@czekobanda.eu till 20.4.2017.

Do you want to know more?
Feel free to contact Edita at:



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