**Mindfullness - Identity**

Call for apply organisation :

Training course For Key Action 1 – Learning Mobility of Individuals:

by all partner organisations for mobility actions in the youth field;

**Body & Mind as One**

**A training course for youth workers about empowerment of young people using Mindfulness as a tool**

Spring 2016

Hello everybody,

In 2016 there will be held a training course about exploring Mindfulness as a tool to explore yourself during a very personal learning process: “Body & Mind as One. A training course for youth workers about empowerment of young people using Mindfulness as a tool.” The trainers will be Anca Iorgulescu (Romania/Germany) and Dominique Verschuren from Connected Elephant (Belgium). The TC will take place in spring 2016 and will involve 3 participants from 8 different European Union member and partner countries (totally max. 24 participants). We will apply for the TC under Key Action 1 with the 1/10/2015 deadline.

**Background and theme of the project**

We believe that gaining a deeper understanding of ‘who we are’ is an empowering process which can lead to positive life changes. Empowering young people through this process could, for instance, lead to increased participation in society, or in democratic life, or to increased employability.

We believe in a very innovative method to stimulate this purpose: Mindfulness. Mindfulness is the ability to increase our awareness and decide how we wish to act HERE and NOW, without using patterns from the "backpack" we've been carrying around for years in our lifetime. As life happens moment by moment, but always in the present moment, it is by being mindful every step that we can choose to change our thoughts, speech and actions for the better.

Mindfulness is also a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

By using this method we can stimulate the participants to be more aware of themselves and their own personal and professional situation, and moreover to explore their future possibilities.

**What is the need?**

A person can only share what she or he already has inside. So as to be able to assist young people you have to be 100% available: emotionally, intellectually, mentally and physically. So as to do that, you, as youth worker, have to acknowledge yourself and let go of your (mis)conceptions and ideas so as to be able to fully get what the young people are asking from you, to read beyond the words.

Youth workers as multipliers and contributors towards improving young people's lives have a delicate work to do. In supporting youth, they have to be at their best and reach their full potential, both personally and professionally. The continuous practice of mindfulness helps us as youth workers to actively listen to our youths provide the most appropriate solution for that individual and specific aspect they ask help for. As today's realities for young people are extremely challenging, mindfulness is a key aspect in self-empowerment through self-development. Today's youth is often stressed and needs coping skills. A mindful youth worker is able not only to provide these tools, but a relaxed, peaceful atmosphere where youngsters feel accepted and feel they are given the space to deal with the pressure they might be under.

**Overall aim**

The overall aim over this TC is to enable participants to support the young people they work with in their identity process and to plan their personal pathway in life. We will do this by bringing participants themselves on a journey of self-discovery. The method we use for this journey is Mindfulness and at the same time we learn the participants the techniques of Mindfulness. Because we invite participants to apply their learning to their work with young people after the training course.

**Objectives**

* To support participants to become more aware of themselves and in so doing be enabled to make conscious choices and decisions that fit with their goals in life.
* To provide participants with the method of Mindfulness to support their young people through a similar process.
* To look at how we as individuals can rely on our own resources.
* To understand the forces that shape us as individuals.
* To understand how our behavior is influenced by our perception of ourselves, and by how others see us.
* To look how you can rely on powerless, inconvenient feelings and deal constructively with them.
* To discover the new Erasmus Plus - Youth in Action program and its actions as a tool to support the objectives of this training.
* To encourage participants to imagine that Everything is Possible!

**The approach and methodology**

This non-formal education training course will be characterized by highly participatory, interactive and experiential methods. The working methods will include Mindfulness exercises, case studies, working in pairs and small groups, team building activities, discussions, workshops developed by the participants and self-assessment. The participants will share experiences and knowledge with each other. This process with a self-directed learning approach will be facilitated by the experienced trainers.

**Target Group**

This training is aimed at youth workers, youth leaders and volunteers working in a non-formal learning setting, with young people that are experiencing social exclusion. We will support our participants to explore their own Identity and by doing so, they will gain a greater appreciation of their full potential. We hope to inspire them to be more active in realizing this potential. Ultimately our aim is for the participants to be in a position to transfer their learning to their work with young people and to enable them to support their own young people through this process. For us it's important to have dynamic, open-minded and authentic participants who are willing to learn and use Mindfulness exercises.

**Dissemination**

The participants will also have a multiplier role, in other words: they will adapt what they learn in this training course to the context of working with young people. In their future projects and daily work they can incorporate tools, methods and theory which they have learned during this TC. As well as their personal learning and development they can use in their daily work with their own target groups.

**Eligible countries**

EU Programme Countries and Partner Countries

**TC Language**

English

**Organizers**

Connected Elephant, Peace Revolution and your organisation :)

**Financial conditions**

The food and accommodation will be provided and paid by the organisers. Travels costs will be counted by distance calculator provided by European Commission and reimbursed by bank transfer after the course. There will also be a participation fee of 50 euros deducted from travel reimbursement.

**Are you interested in being our apply organsiation for this project?**

Send us a mail before the **15th of August 2015**. You can send them to: Anca's mail, **stef@peacerevolution.net** or: **dominique@connected-elephant.org**

If you have any questions don't hesitate to contact us!

Anca and Dominique