

Training Course

The Art of Development

LITHUANIA, TRAKAI
OCTOBER 30 - NOVEMBER 5, 2022

INFOPACK



Dates and venue

Arrival day
October 30, 2022

Departure day
November 5, 2022

Venue is located in Trakai,
Lithuania.

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What is the training about?

Improve the quality of life: Using body movement as a tool for personal development and using the benefits of coaching to reflect, absorb and purify the information.

Training is for you, if you want to ...

- Experience self-development through body movement
 - Learn how to use coaching methods for the self-reflection
 - Develop skills and increase your efficiency, using body movement art and theater
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What will you get out of training:

- tools for personal and professional development
- understanding how you can use embodiment and body movement for self- development
- tools and knowledge how to use coaching in your daily life and while working with other people



A hand with a black watch points at a map of North America. The map is spread out on a surface, showing state and national boundaries. To the left of the hand is a black passport with the United States of America emblem. Above the hand is a silver and black camera with a lens. In the bottom left corner, a portion of a green camera is visible. The background of the slide is a dark teal color with a white wavy line graphic in the bottom right corner.

Training methods:

- heart and head - holistic approach (skills, knowledge and attitudes);
- safety and trust (trust in the place, methods and group / values-based);
- communication and mutual understanding (open mind);
- responsibility for one's own choice (participation);
- inter-activeness;
- learner-centered;
- learning from experience (practical and emotional);
- account of individual and group learning (using the group as a resource);
- motivation;
- personal contributions.

PROGRAMME

Programme of the Training Course" The art of development"



Time/ Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
	30th Oct	31th Oct	1st Nov	2nd Nov	3rd Nov	4th Nov	5th Nov	
9:00 -10:00	Arrival: pick up time in Trakai train station around 18:30 (TBC)	n/a: sleep more today	Breakfast				08:30- 09:30 Breakfast	
10:00 - 10:30		10:00- 11:00 Breakfast	Preparation time for participants of the day - how I am ready to go?				10:00 Departure time from the venue	
10:30 - 11:30		11:00- 14:00 Presentation of the training, team, participants. Group Team building	Reflection Goups: what has happened?				11:00 Excursion in Trakai (optional)	
11:30 - 12:00			Break I				Departure	
12:00- 14:00			Body movement workshop: understanding emotions through the movement	Coaching time: socratic questioning, ANT's and practice	Coaching for self- development: who am I?	Coaching: assertiveness and resilience		
14:00 - 15:30			Lunch					
15:30 - 17:00			Team building through body movement	Presentation of cognitive behavioral coaching approach and Troublesome emotions	Improvisation theater	Embodied scaling		Tango
17:00 - 17:30		Break II						
17:30 - 19:00		The power of curiosity	Columbian hypnosis	5 Rhythms	Coaching: procrastination	Closing of the programme		
19:00 - 20:00		Dinner						
20:00 - 21:00	Welcome evening	Stand by me	Power of the voice	Self-development through Body movement	Embodied Mindfulness			

*there might be small changes in time and sessions. You will be informed about any changes during the training



Who can participate?

- You have to be 18+
- Those who want to learn more about embodiment and body movement techniques
- Those who want to develop their coaching skills and understanding in the topic

*In case it will be required by the time of the training course, COVID- 19 vaccination might be required.

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Note: The training is delivered in simple and easy-to-understand English.

Financial costs

Participation fee is €475

- If you wish to register, click the register button on the left and fill in the registration form.
- We'll review your registration and come back to you with the next steps within 48 hours.

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The participation fee covers the cost of the training, accommodation and meals during the whole duration of the program. You will need to arrange your trip by yourself.

DISCOUNTS.

If you come from the same organization or same family (for 2 and more people), or you are unemployed and can prove it, participation fee would be 399 EUR per person.

To reserve your place in the training you'll need to:

1. apply for this training (filling up participation form)
2. receive a confirmation letter of your participation
3. pay the participation fee.
4. book your tickets
5. arrive on the training place

What to bring

- Water Bottle
- Slippers and/or shoes only for inside use!
- Comfortable Pants
- Comfortable Shirt
- Warm clothes for outside
- Swimming suit for sauna night
- Headphones
- Your Favorite Song



How to arrive?

- You can come to Vilnius or Kaunas (biggest cities of Lithuania).
- From Vilnius or Kaunas you can take train/bus. if you are traveling by car you can come straight to project venue
- We will organize a group pick-up from the Trakai station in the evening of the Arrival day (October 30th 19:00pm) (Time will be confirmed after participants will purchase the tickets)
- Please note that you have to arrive in training no later than October 30 before 19:00.



We use www.momondo.com to find the most convenient traveling option!

Project venue

- Few kilometers from the city of Trakai
- 2-3 people per room (you will find towels, hairdryer, bathroom in each room)
- Working spaces
- Sauna
- 3 main meals and 2 coffee breaks a day (please inform us about any special needs regarding the food!)
- Keep in mind that there is no shop nearby



<https://www.lavillaroyale.lt>

Meet the trainers



Raminta Rusovičiūtė
Trainer & Coach

AdvDipCoach/Cognitive Behavioral and Solution Focused Coach, Freelance Trainer and Learning facilitator, part of Trainers' pool in Lithuanian National Agency. CEO of NGO Innovative Generation.

Please find more in my [Linkedin profile](#) or check me on [Instagram](#)



Gvantsa Mezvrishvili
Trainer & Facilitation

Trainer with more than 10 years of experience in direction of personal development, experiential learning and youth work. Founder of [Creative youth Platform](#) . Awarded as a best youth worker of the year 2021 in Georgia.

Please find more information in [Linkedin profile](#)



Training is organized by:



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