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

#### 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



### 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

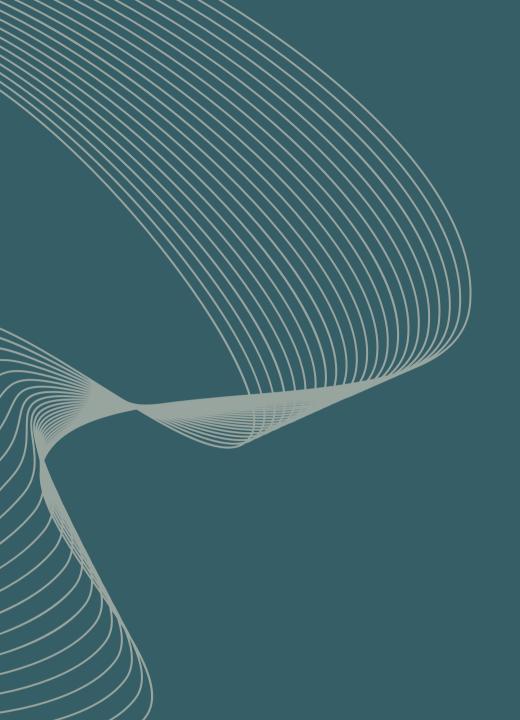
#### Programme of the Training Course" The art of development"





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Time/ Dates	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time/ Dates	30th Oct	31th Oct	1st Nov	2nd Nov	3rd Nov	4th Nov	5th Nov
9:00 -10:00		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	Reflection Goups: what has happened?				11:00 Excursion in Trakai (optional)
11:30 - 12:00		Presentation of the training,	Break I				
12:00- 14:00		team, participants.  Group Team building	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	Trakai train	Lunch					
15:30 - 17:00	station around 18:30 (TBC)	Team building through body movement	Presentation of cognitive behavioral coaching approach and Troublesome emotions	Improvisation theater	Embodied scaling	Tango	Departure
17:00 - 17:30		Break II					
17:30 - 19:00		The power of curiosity	Columbian hypnosis	5 Rhythms	Coaching: procrastination		
19:00 - 20:00		Dinner				Closing of the	
20:00 - 21:00	Welcome evening	Stand by me	Power of the voice	Self-development through Body movement	Embodied Mindfulness	programme	

<sup>\*</sup>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.

- 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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# Financial costs

Participation fee is €475

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.

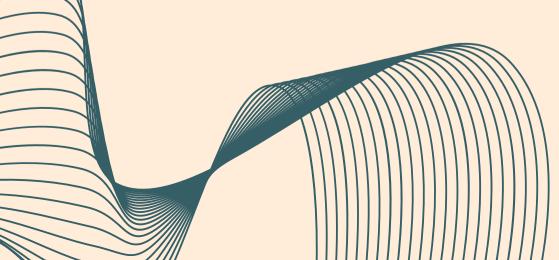
If you come from the same organization or same family (for 2 and more people), or you are unemployed and can prove it, participation fee would be 399 EUR per person.

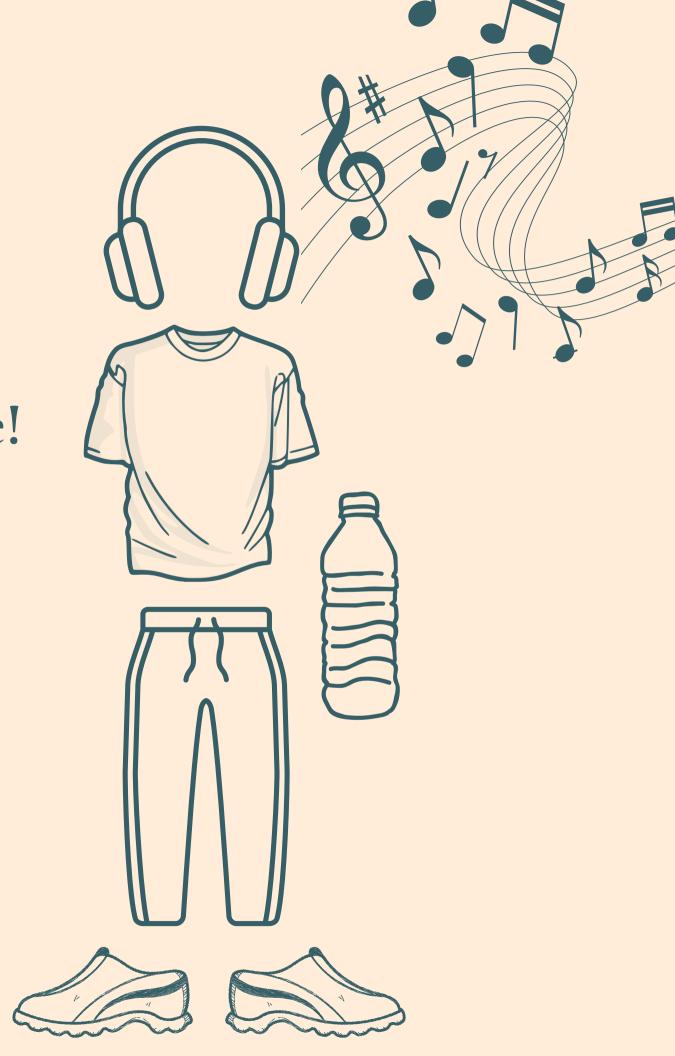
To reserve your place in the training you'll need to:
1. apply for this training (filling up participation form)
2. receive a confirmation letter of your participation
3. pay the participation fee.
4.book your tickets

5. arrive on the training place

# What to bring

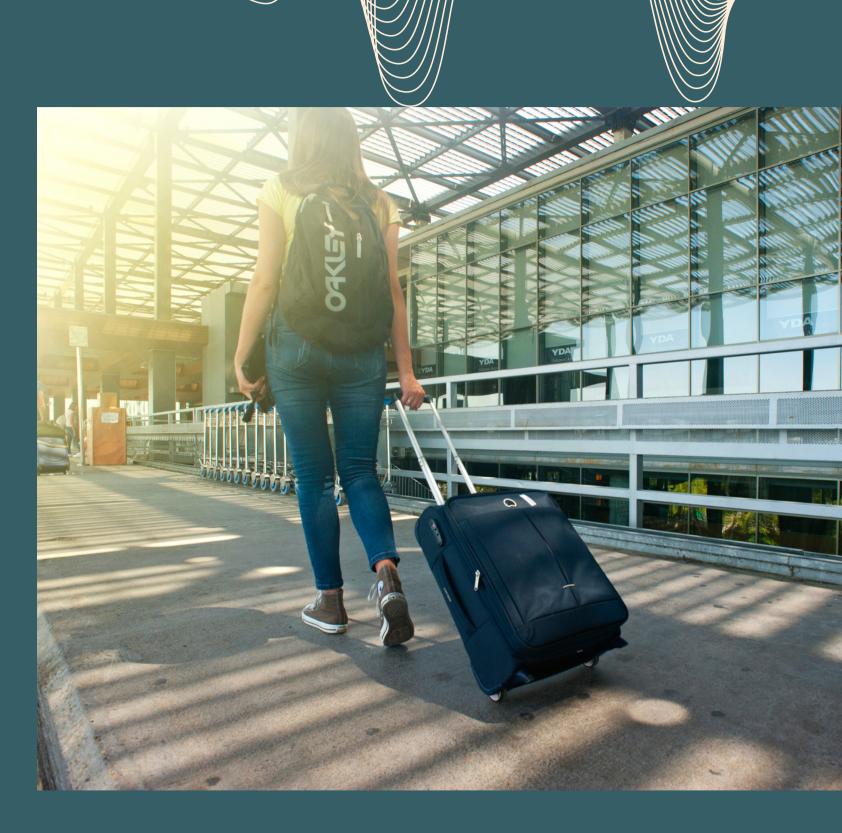
- Water Bottle
- Slippers and/or shoes only for inside use!
- Comfortable Pants
- Comfortable Shirt
- Warm clothes for outside
- Swimming suit for sauna night
- Headphones
- Your Favorite Song





## 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 then October 30 before 19:00.



We use <u>www.momondo.com</u> 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





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 <u>Linkedin profile</u> or check me on <u>Instagram</u>





Trainer with more than 10 years of experience in direction of personal development, experiential learning and youth work. Founder of <u>Creative youth Platform</u>. 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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Any doubts, please contact us by: info@innovativegeneration.eu