

CONFIDENT YOUTH WORKER:

The Assertive Approach

Training Course

7-12 May 2024 | Vilnius, Lithuania

Assertiveness is a communication style characterized by confidently expressing one's opinions, needs, and boundaries in a clear, honest, and respectful manner, while also being considerate of others' perspectives and rights.

By integrating assertiveness into professional practices, youth workers not only enhance their communication skills but also contribute to their own well-being and resilience.

Main aim

The main aim of the “**Confident Youth Worker: The Assertive Approach**” is to explore the topic of assertiveness and learn how to navigate the complex landscape of youth work with confidence.



Programme flow

	Arrival day	1st day	2nd day	3rd day	4th day	Departure	
	Arrival	Breakfast					Departure
9:30		Intro to the training course	Morning Check-in			Giving and receiving feedback	
I.Session 10:00			Assertive communication	Conflict Management			
11:30		Break					
II.Session 12:00		Connecting to the group & its resources	Assertive communication	Staying assertive in conflict	How to apply it in practice? Future steps		
13:30		Lunch					
III.Session 15:30		Assertiveness: diving into the topic	Setting boundaries	Emotions & Conflict	Final reflection and evaluation		
17:00		Break					
IV. Session 17:30		Me and assertivity	Hands-on Experience	Guided Tour in Vilnius			
19:00		Dinner			Dinner out	Dinner	
Evening program		Informal introduction	Bonding Activities	Self-organised evening		Goodbye evening	

The program is only a draft and it may change according to the needs of the participants.

Some assertive rights to keep in mind:



- **The right to say 'no'**
- **The right to make mistakes**
- **The right to consider my needs important**
- **The right to express my feelings in an appropriate manner without violating anybody else's rights**
- **The right to take responsibility for my actions**
- **The right not to be understood**
- **The right to set my own priorities**
- **The right to respect myself**
- **The right to be me**
- **The right to be assertive without feeling guilty**



Objectives

Enhance Youth Workers' ability to communicate assertively, express thoughts, feelings, emotions, boundaries and ideas clearly and confidently with respect.

Understand the Assertive Approach: Grasp the nuances of assertiveness and differentiate it from passive or aggressive styles.

Advance Feedback Skills: Learn to offer feedback that empowers and accept feedback that supports growth,

Handle Conflict: Explore different ways people deal with conflict and practise the assertive approach,

To experience theoretical and practical tools to assert yourself constructively in your personal and professional life and to increase the quality of youth work.

Methodology

The Training Course is built on the foundation of non-formal educational principles, engaging you through a variety of dynamic methods. The program is experiential and based on a holistic approach.

Participants' profile

→ Youth workers, trainers, facilitators of non-formal learning, or youth leaders who are directly working with young people and teams of youth workers,

→ Active in the youth work field and willing to use what is learnt in the training in everyday work,

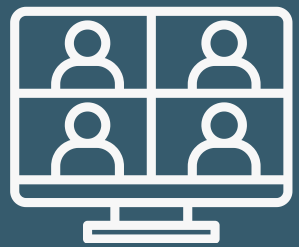
→ Comfortable with English as a working language,

→ Able to take part in the full duration of the programme (including the online kick-off meeting),

→ From countries: EU Member States and third countries associated to the Programme;
Countries not associated to the programme from the Western Balkans (Region 1);
and Neighbourhood East (Region 2).



Timeline

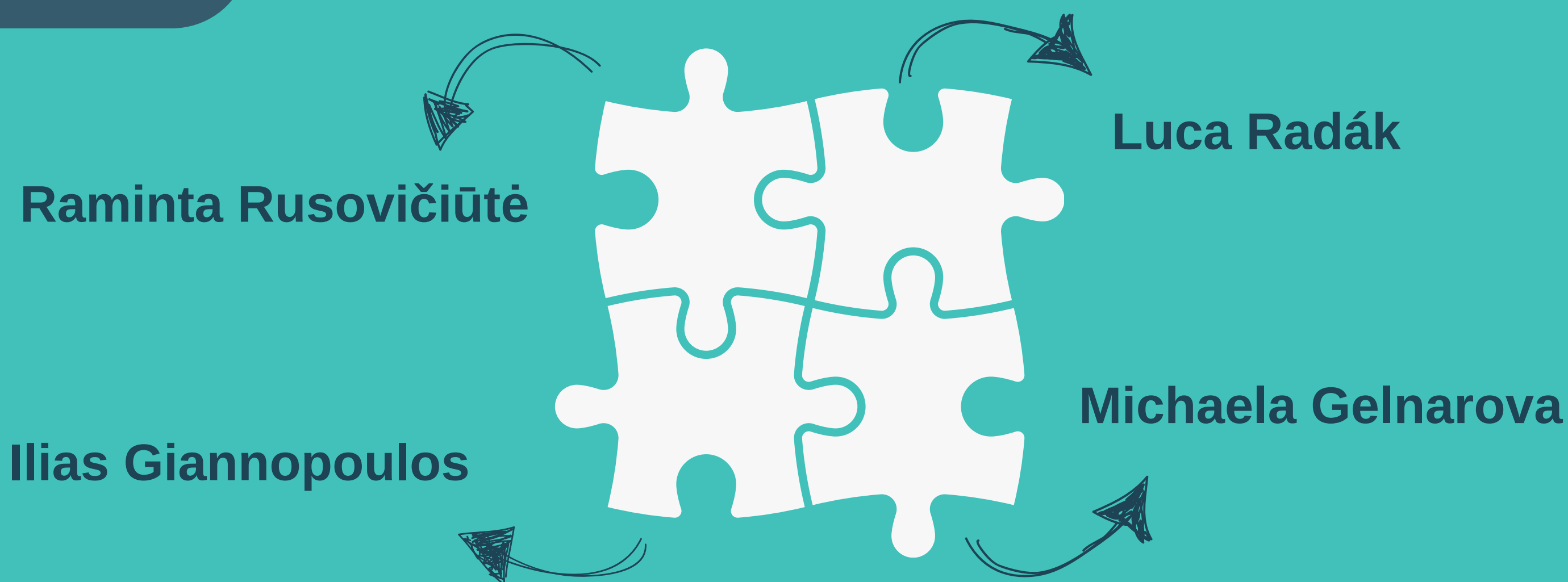


29 April 19:00 CET:
Online kick-off meeting



7th of May: Arrival day, starting with dinner
8-11 of May: Training activity days
12th of May: Departure day, after breakfast

Team



[SALTO's Training of Trainers cohort 2023/2024]



Co-funded by
the European Union