

Coaching YOUth to success

A training course for youth workers in Varna, Bulgaria



Dates of project: 30 March – 7 April 2020

Place: Varna, Bulgaria

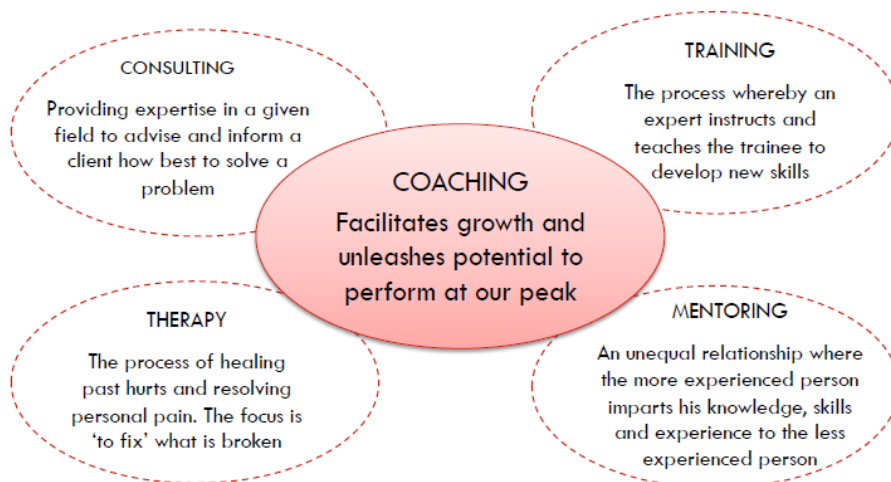
Participants: 22 youth workers from Bulgaria, Romania, Turkey, Spain, Croatia, Portugal

Requirements: All participants must be youth workers/teachers/peer-to-peer educators with a minimum of 1 year experience in the youth field. All participants must be involved in daily or regular work with youngsters. Eligible participants over 18 year-old.

Summary of the project: The main goal of the project is to help youth workers learn how to make good use of coaching philosophy and methods to achieve positive results in their work, to share experience and enhance the quality of services offered in the participating organizations.

What is coaching: Coaching can help a youth worker in their daily work with youngsters but also to coach himself, leading to self-motivation and achieving their goals. The essence of **coaching**: helping a person change in the way they wish and going in the direction they want to go, supporting them at every level in becoming successful. The key skill of coaching is asking the right questions to help the individual work through their own issues.

WHAT IS COACHING ?



Activities: The youth workers will participate in a number of workshops and seminars: how to set SMART goals, motivation and self-motivation, visualization techniques and the use of role models, time and task management, GROW and SPACE model etc. The seminars and workshops are based on non-formal education methods and include: simulations, discussions, case studies, role plays, psychodrama, outdoor activities, and more.

Project expenses: all meals are covered for, participants don't need to pay for any activities part of the official project program

Venue: Varna, Bulgaria





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Nearest airports: Varna airport, Bucharest airport, Sofia airport

Currency: Bulgarian lev

Weather: During this period of the year it is the beginning of spring and temperatures usually vary around 10-20 degrees Celsius. In some cases it could get colder or much warmer 😊

If you have any questions, you can contact us at orenda_varna@abv.bg, our FB page - www.facebook.com/Фондация-Оренда-Варна-196938447030425/ or +359 896 807 605