

# Harmony Within

## *Empowering Self-Care Practices for Youth Workers*

Sunday, June 16th – Sunday, June 23rd, 2024

(6 days Training plus 2 Travel days)

Woodstown, County Waterford, Ireland



**Woodstown Residential and Activity Centre (WRAC)**



# Information for Participants

## Aim of the Project

'Harmony Within : Empowering Self-Care Practices for Youth Workers' is a transformative Training Course designed specifically for professionals working with young people. This comprehensive program focuses on fostering self-care, well-being, and resilience among youth workers, enabling them to provide the best support to the young people with whom they work.

The Harmony Within Training Course is designed to equip youth workers with the knowledge, skills and attitudes to effectively support their own mental health and wellbeing, and to follow psychological hygiene basics. This comprehensive Programme focuses on promoting positive mental health, resilience, and well-being among youth workers, while also addressing the unique challenges and pressures they face in today's society.

Throughout the course, participants will explore various aspects of mental wellness, including understanding common mental health issues among young people, identifying early signs of distress, and implementing strategies for prevention and intervention. The training will cover evidence-based approaches, practical techniques, and self-care practices that can be integrated into the daily work of youth workers.

## Key Topics

- Understanding Self-Care : Exploring the concept of self-care and its significance in maintaining personal and professional well-being. Exploring the importance of mental health and psychological hygiene.
- Identifying Individual Needs : Recognizing personal strengths, values, and triggers to better understand individual self-care requirements.
- Boundaries and Balance : Establishing healthy boundaries and achieving a harmonious work-life balance to prevent burnout and compassion fatigue.
- Nurturing Emotional Resilience : Developing strategies to enhance emotional resilience, manage stress, and cope effectively with challenging situations.
- Mindfulness and Self-Reflection : Cultivating mindfulness practices and utilizing self-reflection techniques to increase self-awareness and self-compassion
- Self-Care Rituals and Practices: Exploring a range of self-care rituals, techniques, and activities that can be easily incorporated into daily routines

- Creating Supportive Environments: Promoting self-care within the workplace, fostering a culture of well-being, and encouraging peer support among youth workers
- Sustaining Self-Care Habits: Developing action plans and accountability measures to ensure long-term commitment and sustainability of self-care practices.
- Self-Care for Youth Workers : Highlighting the importance of self-care and providing practical self-care techniques to prevent burnout and maintain personal well-being
- Early Intervention and Prevention Strategies : Learning to recognize early signs of distress and implementing proactive measures to prevent mental health concerns.
- Building Resilience and Coping Skills : Equipping youth workers with tools and techniques to foster resilience, enhance coping skills, and promote well-being.

## Outcomes

- Participants will have developed effective techniques around stress management and will have created a personal ‘toolbox’ of self-help techniques.
- Participants will gain a deeper sense of self-awareness, learn effective self-care strategies, and develop the resilience needed to navigate the challenges and demands of their profession.
- By embracing self-care practices, youth workers will be better equipped to build authentic connections with youth, provide empathetic support, and create a positive and empowering environment that fosters the well-being and growth of the young people they engage with.
- By the end of the course, participants will be empowered to create supportive environments, recognize mental health concerns, and provide effective guidance and assistance to promote the overall mental wellbeing within their organisations.

## Approach and Methodology

This Training Course will be based on non-formal and informal education with a self-directed learning approach.

During this course participants are responsible for their own learning and the facilitators provide activities, and guide the participants through their own learning process.

The Training Course will be characterised by highly participatory, interactive and experiential methods. We'll be outside in the natural environment of forests, coastline and mountains much of the time, so **it's important that participants will be prepared for all weather !**

Some sessions will be complemented by theoretical inputs, and all of them will be followed by group reflection or self-reflection.

## Timetable of Activities

Day	AM	PM
16.06 (Sunday)	Participants arrive all day long at different times.....	Arrival of participants and a welcome evening ; Getting to know each other
17.06 (Monday)	<p>Topics of the day : <b>Trust, Mind-Body Connection</b></p> <p>10am. Ice breakers and getting to know each other and the Project</p> <p>11am. Aida – Breathing ; stretching ; meditation, massage ; energisers ; body awareness ; emotions ; and other lovely things</p> <p>1pm. Lunch</p>	<p>3pm. Varsik - Introduction to the topic of the project and getting the general understanding of the project flow</p> <p>Hopes and Contributions</p> <p>6pm. Final Exercise of the day – implemented by participants</p> <p>7pm – Dinner</p>
18.06 (Tuesday)	<p>Topics of the day : <b>Reflective Practice, Self-awareness, Mindfulness Practices.</b></p> <p>10am. Aida – Breathing ; stretching ; meditation, massage ; energisers ; body awareness ; emotions ; and other lovely things</p> <p>1pm. Lunch</p>	<p>3pm. <b>DEEP FORESTS</b></p> <p>Self-Reflection and Self-Awareness</p> <p>Art therapy as a tool to increase self-awareness</p> <p>6pm. Final Exercise of the day – implemented by participants</p> <p>7pm – Dinner</p> <p>9pm. Traditional Irish music session at Power’s Bar in Dunmore East</p>
19.06 (Wednesday)	<p>Topics of the day : <b>Self-Compassion, Forgiveness.</b></p> <p>10am. Aida – Breathing ; stretching ; meditation, massage ; energisers ; body awareness ; emotions ; and other lovely things</p>	<p>2pm. Trip to the mountains and coastline of County Waterford</p> <p>7pm Dinner</p>

	1pm. Lunch	
20.06 (Thursday)	<p>Topics of the day : <b>Discovering Inner Resources.</b></p> <p>10am. Aida – Breathing ; stretching ; meditation, massage ; energisers ; body awareness ; emotions ; and other lovely things</p> <p>1pm. Lunch</p>	<p>2pm. <b>REMOTE MOUNTAINS</b></p> <p>Positive psychology activities.</p> <p>Emotional Resilience.</p> <p>Mental health through nature.</p> <p>7pm. Dinner</p>
21.06 (Friday)	<p>Topics of the day : <b>Positive Psychology, Love.</b></p> <p>10am. Aida – Breathing ; stretching ; meditation, massage ; energisers ; body awareness ; emotions ; and other lovely things</p> <p>1pm. Lunch</p>	<p>3pm <b>THE WILD SEA</b></p> <p>Tour around the coastline practicing techniques</p> <p>Self-Care Rituals and Practices</p> <p>6pm. Final Exercise of the day – implemented by participants</p> <p>7pm – Dinner</p>
22.06 (Saturday)	<p>Topics of the day : <b>Intention &amp; action.</b></p> <p>10am. Aida – Breathing ; stretching ; meditation, massage ; energisers ; body awareness.</p> <p>1pm. Lunch</p>	<p>3pm.</p> <p>Youth Pass</p> <p>Evaluation</p> <p>Closing the Programme</p> <p><b>Evening :</b></p> <p>Farewell party – BBQ and Bonfire on the beach</p>
23.06 (Sunday)	Farewell breakfast together ; and Departures	

## Meet the Trainers



Hey everyone! I'm Varsik Nikoyan, and I'm on a mission to help young people navigate life's challenges with confidence and resilience. With a background in psychology, I'm passionate about understanding the human mind and empowering others to overcome obstacles. That's why I decided to start InMotion Armenia Youth NGO - to create a space where young folks can come together, support each other, and make a positive impact in our community. I truly believe that with the right support and encouragement, young people have the power to change the world. So, I'm thrilled to be leading the charge and inspiring others to join me on this journey of empowering Armenian youth to reach their full potential.

Feel free to reach me out: [Nikoyanvarsik@gmail.com](mailto:Nikoyanvarsik@gmail.com), +16172060772



Hello there, lovely souls! I'm Aida Simon, and let me tell you, life's been quite the adventure for me! With a background in dramatic arts from the Yerevan State Institute of Theatre and



Cinema and training as a director-choreographer at the St. Petersburg Conservatory, I've always had a flair for creativity. From crafting mesmerizing theatrical productions to dancing my heart out on stage, storytelling is my passion, and I pour my soul into every project I undertake.

Now, I get to share my love for movement and healthy living as a coach, helping others sculpt their dream bodies and feel fabulous in their own skin. And let's not forget about the spiritual side of things! I'm all about diving deep into meditation, chakra work, and exploring the infinite mysteries of consciousness. For me, life isn't just about the physical - it's about nurturing the mind, body, and soul to radiate love and light wherever I go.

Feel free to reach me out: [aidassimon@gmail.com](mailto:aidassimon@gmail.com), +37493554211



I'm Priscilla Versteeg, an art therapist and wellbeing coach. My focus is on guiding both individuals and teams through behavioural changes that ultimately enhance their overall sense of wellbeing. Drawing from principles of positive psychology, I empower people to delve into their inner selves and talents, facilitating the achievement of their desired objectives. Rather than fixating on problems, I emphasize the importance of concentrating on strengths and the desired outcomes.

My approach to wellbeing is holistic, and I prioritize working in a trauma-informed manner. By establishing a secure environment conducive to open expression, I encourage individuals to share their narratives. Through this process, I provide assistance in navigating thoughts, identifying areas of discomfort, recognizing triggers, pinpointing desired outcomes, and equipping individuals with the tools to attain those objectives.

In addition to verbal communication, I integrate practices such as art therapy and mindfulness to facilitate exploration of our inner worlds beyond linguistic boundaries.

I'm looking forward to meet each of you and embark on a journey of self-discovery and personal growth together.

self-exploration and growth.

Feel free to reach me out: [priscillaversteeg89@gmail.com](mailto:priscillaversteeg89@gmail.com), +31615951596

## **Profile of the Participants**

Participants will be youth workers, project leaders and educators involved in youth work. The participants will have a multiplier role - in other words : they will adapt what they learn in this Training Course to their own context of working with young people. In their future projects and daily work they can incorporate tools, methods and theories which they have learned during this Training Course. They can also use their personal learning and development in their daily work with their own target groups.

## **Practical & Travel information**

### **Venue**

The Training Course will take place at :

**Woodstown Residential and Activity Centre (WRAC), Woodstown Beach, Co. Waterford, Ireland (X91FX29)**

**Telephone : 00 353 86 4555346 or 00 353 51 309364 (Sanja)**

**Email: [woodstown@wstcys.ie](mailto:woodstown@wstcys.ie)**

**WRAC is a Project of the Waterford and South Tipperary Community Youth Service, based at the Manor Street Youth and Community Multiplex, Manor St., Waterford City, Ireland.**

The Centre is situated on the beachfront around 10km from Waterford City – it offers tranquility and privacy in a quiet rural area, and is set on 2 acres of its own grounds.

The accommodation is mainly aimed at sharing the space as one large group. Keep this in mind when you decide to join this Training Course. Practically this means:

- The Centre operates on a self-catering basis, and has bunk-bed type accommodation for up to 32 people.
- **Please note that the sleeping space involves two shared 16-person dormitories. For this Training Course, we limit the rooms to just 8 people in each. So you still share the sleeping rooms with many other people !**
- There is a fully equipped kitchen, a large dining room, a living room and a TV/Training room with a fireplace.
- Bed linen, duvets, pillows and towels are provided

### **Meals**

All food will be provided by the organizers, either at the venue or in the restaurant next door. It will be self-catering for breakfast and lunch, and dinner will be provided.

*(NB. If you have any allergies, or other dietary requirements, please let us know)*





*WRAC Training Room*



*Woodstown Beach*

### When & How to Get There

Participants are responsible for booking their own travel – it's up to the partner organisations to support them in the process.

Depending on where you're travelling from, the two closest airports are Dublin and Cork, which are both around two hours travelling time from Waterford City.

You'll need to get to Waterford City yourself.

You can take either a train or a bus from Dublin Airport ([www.irishrail.ie](http://www.irishrail.ie), [www.buseireann.ie](http://www.buseireann.ie), [www.jjkavanagh.ie](http://www.jjkavanagh.ie)) but only a bus from Cork ([www.buseireann.ie](http://www.buseireann.ie)).

If you let Sanja know what time you'll be arriving into Waterford City, she'll arrange to collect you and transport you to Woodstown.



*The beach at Woodstown*



*Adventuring in the Comeragh Mountains*

### Other Practical Details :

- Participants will be accommodated in bunk beds in shared, dormitory-style rooms.
- There is a wireless internet connection available at the venue
- The weather in Ireland is ‘changeable’, even in June. **We will be spending much of our time OUTDOORS IN NATURE, so please bring warm, waterproof clothes!!!**  
Don't forget your umbrella, as there might be rain, but you might also need sunscreen. Half the fun of being in Ireland will be guessing the weather ! You can follow the weather forecast here: <http://weather-finder.com/Ireland/Waterford/>
- The currency is Euro. If you need to change money, please use the Airport Exchange Office.
- **Insurance:** Insurance is each participants responsibility. We strongly suggest that you have travel insurance and the European Health Card.
- **Working language :** The working language of this Training Course is English. Don't be afraid, your English doesn't need to be perfect, neither is ours ! What is important is that your English is good enough to actively participate. Because there will be a lot of vocal sharing in the sessions !
- **Contact details in the case of emergency – If you need them, just call Sanja on 00 353 86 4555346, (or Declan on 00 353 86 3889723)**





*Youth Exchange Group at Woodstown*

### **Financial Considerations:**

1. The food and accommodation will be completely provided and paid by Erasmus+.
2. Visa costs (if needed) will be reimbursed by the organisers after the Training Course, once receipts are received.
3. Travel costs include plane, train or bus costs from your home country to Woodstown.
4. ALL costs must be receipted.

### **Reimbursement of travel costs :**

Travels costs (plane, train and bus) will be counted by distance calculator provided by European Commission and reimbursed by bank transfer directly to the organisation or participant within 4 weeks of the Course finishing. The reimbursement is determined by the Erasmus+-guide.

The participants have to give the receipts for the travel costs to the organizers. The reimbursement will be made through bank transfer after the Training Course after Waterford & South Tipperary Community Youth Service have received the travel tickets.

## Communications

Contact us anytime if you have any questions, concerns or feedback.

Let us know of any changes that are relevant to the running of the Training Course as soon as you can, such as :

- Your (non) participation in the course
- All travel related issues, including costs and the exact itinerary
- Your contact details
- Anything else we need to know for a smooth functioning of the Training Course – all information will be treated confidentially

***Remember, we're here to help you out in any way that we can, and to ensure that you enjoy your time in Ireland. We want you, your organisation, and most importantly the young people you work with, to get a significant benefit from attending the Training Course, so if there's anything we can help you with or any question that we can answer, just ring Sanja on 00 353 86 4555346 or email at [woodstown@wstcys.ie](mailto:woodstown@wstcys.ie)***

## Woodstown Beach, County Waterford

