

LY (Love Yourself)

2024, May, 14th – 22nd

Fresno de Cantespino, Segovia, Spain

General Overview of the Training Course:

Asociación Parkeri (Spain) is a non-profit and non-governmental organization, which develops projects in order to promote non-formal and informal learning since 2014.

We work in different topics: gender, inclusion, emotions, learning support, team work, youth social entrepreneurship and since 2021 we moved to Serrada de la Fuente (Puentes Viejas), a little village in Sierra Norte, in the region of Madrid.

In Parkeri we have lots of experience leading Training courses, Seminars and Partner Building Activities within the Erasmus+ (KA1 and KA2) and European Solidarity Corps Programme.

In regards to the goals that the European Commission has set for **youth**, this project contributes to improving **well-being and mental health by promoting development and assessment of individual skills and strengths**.

“Love yourself” is the second edition of our first Seminar called “Love Yourself first” and developed in 2022. The first edition was a 4 days’ seminar (plus arrival and departure) which was aimed to reflect and work with youth workers to empower the young people they were working with in the field of self-love and to start to go towards a healthy love relationship with themselves and others. With the results we had in the first edition, we conclude that this time, we are going to spend **7 days together (plus 2 days for arrival and departure)** to get deeper in the process of working together in this necessary and beautiful topic.

It happens a lot of times that youth workers have challenges and difficulties when working with emotions and young people. Also, adolescence and youth are times of change. Many young people face these transformations with insecurity, fear, rebellion or uncertainty. Therefore, it is also an ideal age to work on self-esteem with them, since the quality of life of their adulthood may depend on it. At the same time, many youth workers find it challenging to discover ways to work with young people in emotionally empowering sessions such as those that can be conducted in relation to self-esteem.

Even though this Training Course is not about getting recipes that can be used in whatever the context and it's not related to psychotherapy or psychological support in developmental psychology, we are going to work in ourselves as youth workers feeling the process in a deeper way than the cognitive one (also in a corporal and emotional way), we are going to start to **BE AWARE** of the things that happen to us in different contexts and we are going to reflect about our personal approach supporting the young people we are working with.

That is why in this training course the participants will:

- Work in themselves as the main resource as youth workers
- Deep their self-knowledge and awareness
- Analyze their strengths, achievements, areas for improvement and goals in life and as youth workers.
- Share and exchange personal experiences, failures and good practices.
- Find a way and inspiration on creating local initiatives at work with young people.

Objectives:

The specific objectives of the training course are:

- To increase self-love through awareness of the factors that influence it, and awareness about the state of their own self-love.
- To learn and to put in practice the key elements and concepts of self-esteem, self-concept, self-knowledge, self-acceptance and self-respect.
- To develop participants' approach in implementing self-esteem sessions with the young people they work with on a daily basis.
- To increase their self-compassion and compassion for the others.
- To create a network of youth workers from different countries and regions in order to exchange good practices, tools and resources.

Methodology:

We would like to use different types of activities to bring a combination of experience, reflection and finding possible solutions for one's own practice. Those activities will include:

- Outdoor activities,
- time for personal discovering,
- experiential learning,
- sharing experiences and good practices,
- group discussions,
- peer learning,

Organizations Profile:

Your organization should be able to send participants that are in this target group:

- **Youth leaders and youth workers** who are willing to enhance their competences in the field of accompanying and supporting young people in the process of gender equity, self-love and empowerment.
- Willingness to work on **personal development and personal growth**
- Who are able to **communicate and work in English fluently** (which will be the working language).
- Who are able to **attend the full training course**.
- Who wish to **learn with** others during discussions or peer evaluation.
- **Willing to share** the learning outcomes of the seminar in their organizations and local communities.
- **Willing to share bedrooms** of 3-4 people. No single bedrooms available.
- Willing to share their **physical and mental health status** according to Data protection laws with the team of the training.

Would be amazing if your organization should also be able to support the participants in the activities related with the impact and visibility of the training course during and after the project.

Financial Conditions:

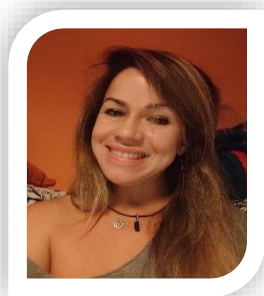
This project will be financed by the Erasmus + Programme, under the action: **Key Action 1 – Mobility of Youth Workers**. Accommodation, meals, activities and budget for travel is covered by Parkeri under the Erasmus + funding rules. We will promote the use of Green Travels.

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

There's **no** participation fee.

PARKERI TEAM INVOLVED IN THIS PROJECT

Carlos de La Fuente: Graduated in Physical Education. Lots of experience within Youth in Action and Erasmus + programmes and with local and international projects connecting people, groups and communities.



Alba Bailón: Graduated in Business Management. Expert in Project Management and financial issues. Coordinator since 2016 for Erasmus+ projects in the field of youth and education. Trainer and facilitator for the ESC Programme and for other non-formal education projects. Currently learning from Gestalt processes

Álvaro Díaz: Graduated in Social Work. Youth worker. Facilitator and trainer in different projects inside the Youth in Action and Erasmus + programmes. Project Evaluator and currently learning about living in a rural environment. In my last year of Gestalt training.



If your organization is interested, please send us an email with your interest and the PIF with your OID number your information to info@parkeri.org

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