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ASHA CENTRE
INSPIRATION • CONNECTION • PURPOSE

Youth, Arise!

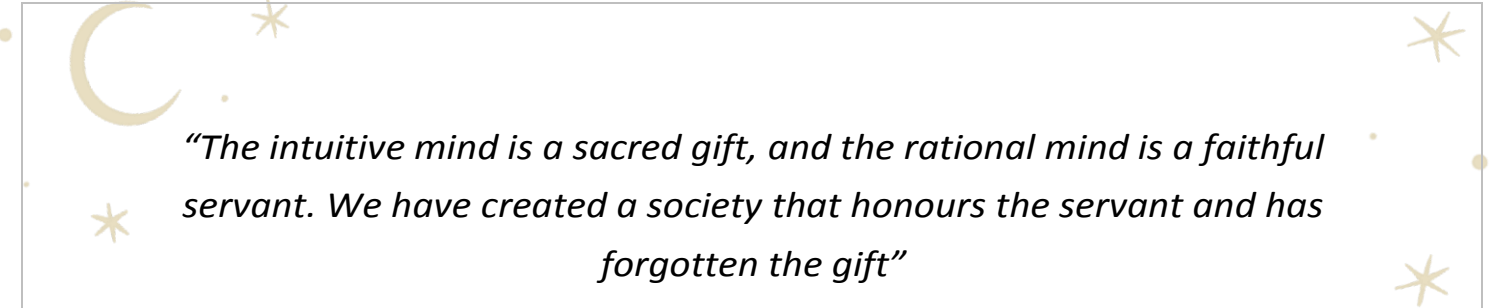
Creative Tools for Youth Workers

Pt.1: Life-Coaching



A fully funded residential training course for all

17-26 January 2023



“The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift”

- Albert Einstein

We are looking for youth workers, community leaders, educators and change makers from across the UK and Europe to participate in a fully funded, 10-day residential training course that will support participants to develop their understanding and practice of life coaching for young people.

You will learn about the tools and techniques of life-coaching so that participants can more effectively mentor and support young people in their home communities. We will learn about best practice in this field, and how to bring out the best in others. We will support you to practice and develop your skills in this area so that you can use and share them.

You will practice core communication skills, create projects and learn new tools through a balance of theory, practice and presence. This course will share the ASHA Centre’s educational framework and methods which includes presentations, artistic expression, group work and games. We will take time for deep reflection and concentrated listening and offer open conversation and holistic learning in a communal environment that makes use of the vibrant natural surroundings. You will be given opportunities to lead and facilitate, with space to reflect on life-coaching methodologies and grow your own toolkit. You will be asked to create dissemination projects in your home communities and to share the experience with your networks.

We expect the work to be serious, funny, honest, and to be useful for people from all walks of life.

What is Life Coaching?

Life Coaching IS:

- A way of helping people to discover THEIR: values, goals, action plan(s), successes, and potential barriers
- It is focused on their strengths and the future, not weaknesses and the past. It is a commitment to forward thinking and forward actions
- It is knowing that the client is the expert in the client’s life, discovering what action steps need to happen next

Life Coaching IS NOT:

- Counselling: Counselling typically is done by making a diagnosis of what is wrong and prescribing a method or series of steps to deal with it
- Telling you what you need to do: Youth coaches do not have the “right answers”, but rather, help you to find the answers that are “right for you”

Why life coaching?

At the ASHA Centre, we care deeply about the plight of young people. We know that social conditions do not always provide them with the right context, in which to grow up into confident, proactive adults. They can fall prey to depression and apathy and, so, fail to fulfil their true calling as leaders and co-creators of a better future. The purpose of “Youth, Arise!” is to redress this situation by empowering a new generation of youth-workers with the tools, techniques and mental attitudes to truly make a difference in their lives.

Who can take part?

We are looking for a group of people from across Europe and the UK. We are hoping to attract a diverse range of languages, cultures, nationalities and perspectives so we actively welcome anyone with broad cultural heritage, living outside their culture or identifying as displaced. This work is ideally suited for those working (or intending to work) in the field of youth work, community leadership, intercultural communication, community building, education or activism.

We welcome all cultures, ethnic origins, races, nationalities, accents, cultural identities, sincere spiritual practices, religious affiliations, gender identities, sexualities and life experiences.

We ask for:

- A genuine passion for participating in the course and for the topic of life-coaching
- A willingness to take part in sessions in the garden and local forest
- The capacity to bring appropriate clothing/footwear for the outdoors
- Good English-speaking skills
- People 18 years and over

What to expect

The training will run from 9:30am until 6pm each day, with two tea breaks, a lunch break and rest period. Each day offers reflection time, including discussion on working methodology and curated space for silent study. You will have the chance to offer activities over several mornings and evenings. Training is delivered by ASHA’s training team and visiting experts, with work inside our studio, the surrounding gardens and forest.



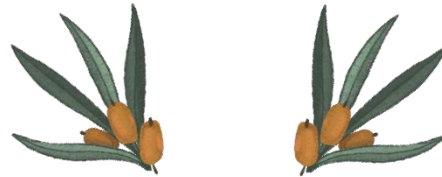
Rooms are dormitory in style and furnished to a high standard, with three home-cooked meals plus snacks provided each day. You will be welcomed into the working community at ASHA, sharing meals and given opportunities to integrate and interact with staff and volunteers. You will be welcome to volunteer in our organic garden in your breaks.

Our courses tend to involve a certain amount of interpersonal work, outdoor activity and physical contact. If this might raise any challenges for you, please let us know in the application form, so that we can discuss how to support you best.

Day 10 is a travel day only and does not involve training content.

Travel reimbursement

ASHA reimburses 80% of your overall travel cost. We believe that a modest contribution from participants to the overall costs of a project helps to create a sense of investment and ownership. However, if you feel that you are a motivated participant who would be unable to come without greater travel support, please let us know in the application form, so that we can consider supporting your participation. Training, accommodation and meals (breakfast, lunch and dinner) are all provided free of charge.



How to apply?

Please follow the link below and complete the application form:

Estonia – <https://bit.ly/3gnD3ro>

We will be in touch shortly after the application deadline.

We look forward to receiving your application and can't wait to welcome you to ASHA.

