

# Through my Eyes

personal development training  
for **NEW** trainers



An initiative of LIVE N8W foundation & Loesje Armenia with support of the Erasmus+ Programme by the European Union

## Learn to get the most out of yourself as a trainer!

So you are passionate about working with people?! That's a great start but then what? Who are you? As a person *and* as a trainer? What are your strengths *and* weaknesses and how do you use these when working with others?

This training for new trainers gives you a unique opportunity to tap into your mental and emotional resources and take control of the quality of your interaction with people, when working as a trainer, but just as must in your everyday life!

*Through my Eyes* is a 7 day programme that allows you to step out of your daily context and gain perspective on the different aspects of your personality and character. In a group of 27 people from 9 countries, through a combination of experiential and theoretical exercises, you will explore all about: communication skills, your unconscious thought-patterns, emotional patterns, using your talents; recognizing your pitfalls; how others perceive you; (non-verbal) communication; being present for the other; the art of questions; how to adapt *or* be true to yourself when interacting with others; and self-reflection.

### General info

- Dates: 16-24 October 2015
- Location: Dilijan, Armenia
- The training course will have 7 working days plus 1 arrival and 1 departure day.
- The working language is English.
- 27 Participants from 9 countries:  
*Only for people from: Armenia, Georgia, Germany, Greece, Hungary, Luxembourg, Netherlands, Romania, Ukraine.*

### Who can participate?

Are you a beginner trainer working with young people and are you searching for ways to...

- ✓ *develop and challenge your trainer skills?*
- ✓ *get more self-confidence when working with people, no matter the situation?*
- ✓ *learn how to use your talents and limits in your work with people?*
- ✓ *discover new perspectives and share ideas?*

...then this is the training course for you!



## About LIVE N8W Foundation

### *Applicant organization*

Originally founded in the Netherlands, the LIVE N8W foundation started in 2009 with the aim to offer young people a platform of non formal learning, for personal development and cultural exchange. With a network of international partner organisations, the projects of the LIVE N8W foundation nowadays bring together young people from all over the world that are motivated to improve their personal and professional competencies in order to realise a better society and higher quality of life.

## About Loesje Armenia

### *Hosting organization*

As one of the international Loesje members, Loesje Armenia was founded in 2010, with as main focus areas; personal development of young people, Intercultural learning and active citizenship. Loesje Armenia has organized and hosted a large number of international youth exchanges, trainings courses, summer camps and seminars. These brought together over 4.000 young people from more than 50 countries, broadening their perspective, empowering them to be active citizens and entrepreneurs of their own lives.

### **Loesje International**

As a freedom of speech organization, Loesje aims to spread creativity, positive criticism, ideas, philosophical ponderings and thoughts on current events. This started in The Netherlands, in the beginning of the 1990's by way of short slogans on posters, signed by the fictive Dutch girl 'Loesje'. Within a few years Loesje's actions and ideas reached beyond borders and an international office was opened in Berlin to manage the different branches that were founded across Europe and beyond.

Follow us on Facebook: [Loesje Armenia](#)  
or check our web page: [www.loesje.org](http://www.loesje.org)

## Finances / Costs

This training course is funded by the Netherlands Youth Institute within the Erasmus+ programme of the European Union.

- Expenses for food and accommodation will be fully covered.
- There is a participation fee of 40 Euro's.  
*This needs to be paid in cash upon arrival.*

## Travel reimbursement

Your travel expenses will be reimbursed according to the regulations of the Erasmus+ programme. The money will be transferred to your bank account after the training course when you have given us all the original travel documents from your trip (Boarding passes, e-tickets, invoices, bus/train tickets, bills etc.)

*To have your expenses fully reimbursed, please book 'two-way' tickets (incl. bus/train etc.) Any (return) tickets that are bought after the training will not be reimbursed.*

*Maximum amount covered per person:*

Georgia	40 EUR
Greece / Romania / Ukraine	265 EUR
Germany / Hungary	350 EUR
Luxembourg / The Netherlands	420 EUR

*(Traveling via Tbilisi, Georgia is often cheaper than to Yerevan)*

## How to apply?

To join this training fill in [this application form](#) and send it to [live.n8w@gmail.com](mailto:live.n8w@gmail.com) before **June 30th**. *Shortly after that you will be informed about the selection results.*