

Theme of the day	Day 1: Mental Health & Mentoring in ESC	Day 2: Contact boundaries in ESC projects & emotional regulation	Day 3: How can I support mental health balance for volunteers?	Day 4: What is the organizational and personal support system in the ESC context?
9.00-10.30	Introducing the participants, group building, and working principles	What does it mean to be a volunteer in the ESC context?	Providing support and Psychological First Aid (Crisis Management in ESC)	Looking at the support system as a whole
10.30-11.00	Break			
11.00-12.30	Introducing programme and building a learning environment	Exploring how we respond to triggering situations in the ESC context	Recognizing mental health signals	Building Action Plans to promote Mental Health in my mentoring practice
12.30-14.00	Lunch			
14.00-15.30	Understanding mental health	Coping strategies	Self-regulation - using a wider, natural context as a support	Building Action Plans to promote Mental Health in my mentoring practice
15.30-16.00	Break			
16.00-17.00	The role of a mentor as a promoter of mental health	Mentoring interventions	Emotional competence	15.30-17.00 Networking time
17.00-17.30	Connecting the dots			
17.30-18:00	Closing the day together			Closing & Evaluation
18:00 - 19:00	Exploring own needs and self-care practices (optional)			
19.00-20.00	Dinner & free evening			