



DAMN

a self *D*iscovery journey to find
your own *bA*lance and *M*aster
*coN*nections

Training Course

11 - 16 April 2025 - Near Porto, Portugal

DESCRIPTION

Investing in self-care is investing in collective well-being.

In the demanding context of youth work, where collaboration within teams and groups is constant, dealing with important societal aspects is a daily challenge, taking care of oneself is essential to maintaining effectiveness and sustaining impact at local, national and international level.

When youth workers **prioritize their own well-being**, they enhance their ability to find a balance and support their organizations and the young people they work with.

This training invites you to reflect on your emotions, values, and needs, helping you **maintain a positive state of mind while navigating the challenges** of teamwork and group dynamics.

Through engaging and experiential activities, we will explore the **mental, emotional, physical, and social** dimensions of well-being.

These insights and practices will not only **support your personal growth** but also enhance your capacity to **thrive in collaborative settings.**

AIM

Youth workers face the challenge of balancing their personal well-being with the needs of their organizations and the young people they support.

The aim of this training is to help them **develop self-awareness and self-care as key elements for finding personal balance** when working closely with others.

When self-care is prioritized, youth workers are better equipped to contribute creatively and productively, fostering better **communication skills** and **interpersonal relationships**.

By addressing their own needs, understanding and setting priorities on well-being, youth workers will **undergo their own personal reflection process** that will help them **support young people** in their personal development process, while creating a healthier and harmonious group.

OBJECTIVES

Build self-awareness to enhance youth workers well-being

Encourage youth workers to understand their own emotions, values, and beliefs, and reflect on how these shape their ability to connect to young people and collaborate effectively in teams

Foster authentic and supportive communication

Develop the confidence to act authentically, seek and offer support when needed, and build trust - key to fostering collaboration and creating positive environments within youth work and with youth.

Promote self-care for sustainable engagement

Emphasize self-care practices, enabling youth workers to stay balanced, maintain their energy and focus while dealing with their daily work commitment on the local, national, european and international level.

Embrace self-reflection for personal and team growth

Encourage regular self-reflection to recognize strengths and areas for growth, helping each participant contribute meaningfully to the collective wellbeing.

METHODOLOGY

This training course is based on **non-formal learning**, combining a **holistic** perspective with a range of experiential activities, for individual and collective development.

Non-formal learning complements formal and informal learning.

It is inclusive, promoting autonomy, creativity, and critical thinking, supporting **personal and professional growth**, and strengthening active citizenship and social inclusion.

PARTICIPANTS

- Youth workers, trainers, facilitators of non-formal learning, or youth leaders who are directly working with young people and teams of youth workers
- Involved in the youth work field
- At least 18 years old
- Able to communicate in English
- Able to take part in the full duration of the programme

PROGRAMME

	11 april	12 april	13 april	14 april	15 april	16 april
	Arrival Day	Connect and reflect	Authenticity & Communication	Self-care & Sustainability	Reflection & Integration	Departur e Day
Morning Morning	Travels	Your first steps to reflect on yourself				Travels
Lunch		Creating Space for Growth	Communication and Empathy	Creating Space for Well-Being	Personal Reflection	
Afternoon Afternoon		Emotions and Needs	Transparency & Trust	Body Focus Exercise	Planning Future Actions	
Dinner		Tools for Self-Awareness		Sustaining Well-Being	Celebrating Achievements	
Night		Weocoming Night	Storytelling Night	Collaboration Game Night	Relaxation Night	

The program is only a draft and it may change according to the needs of the participants.

WHEN & WHERE

Venue : To be confirmed in January
North of Portugal, Near Porto
Please arrive in Porto

Arrival day - starting with dinner : **11th of April**

Training days : **12th of April**

Departure day, after breakfast : **16th of April**

TEAM

Nathalie Eschenasy

Stefano Esposito

Aubin Hezagira

Filipa Pereira

SALTO' s Training of Trainers 2024/2025