

SESSION

METHOD

PICTURE

Day 1

Welcome to participants and start work

A little introduction to all the group and some games to get to know each other



Basic informations on programme, time schedule and logistic stuff



The participants are divided in 4 groups:
- Energizer group
- Communication group
- Space group
- Celebration group

In this way each participant is an active part of the training course and the process











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Day 2 December 11, 2014

Winners' success

Each participant talk about the coaching session experience he/she did at home



Week of a Winner

Simulation game of social inclusion, daily life and work opportunities



Reflection Group

All the participants, divided in small groups, talk and reflect on the day. Everyday, at the end of the activity, there will be a "Reflection" moment











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Day 2 December 11, 2014

International Evening

Slovenia, Portugal, Austria, Ciprus, Romania, Spain and Italy present their country and their specialities



Day 3 December 12, 2014

Cultural Visit

Cultural visit to monuments and historical important places in Beja



Warrior Training Advanced Coaching 2.0, definition of objectives and dreams, steps to achieve success, examples of success









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Day 3 December 12, 2014

Blind Dinner

Dinner in the dark to enhance the senses



Day 4 December 13, 2014

Advanced Warriot Training













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Day 4 December 13, 2014

Advanced Warrior Training



Preparation of the Open Session



Open Session to Casa de cultura

Presentations, interactive conference with outside speakers; informal moments of conversation and presentation with the local communitty.









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Day 4 December 13, 2014

Creative Night Out

Cooperation games; outdoor activities; exercises with creative solutions;



Day 5 December 14, 2014

PAP and OAP

Group cooperation in definition of plans; Open Space Technology; individual work; debriefing



Handbook guide on WOW Creation of a handbook; cooperation and brainstorming; development in small groups; presentations











SESSION METHOD PICTURE

Day 5 December 14, 2014

Handbook guide on WOW

Creation of a handbook; cooperation and brainstorming; development in small groups; presentations



Talent Show

Presentation of individual or/ and team skills and experiences; group dynamics; informal moments to talk









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Day 6 December 15, 2014

Practical Sessions with Youngsters

Coaching and empowerment practical sessions

1 on 1 with youngsters using what was learned; evaluation and reflection; debate





Creation of a handbook;
cooperation and
brainstorming;
Handbook guide on WOW development in small groups;
presentations











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Day 7 December 16, 2014

After Training

Creation of a concrete follow up plan with dealines to end the hadbook and offering it.



Validation of Learning

Self reflection; self-assessments; debate in the big group; dynamic exercise in recognition of each others learning outcomes.



Final Evaluation

Visual evaluation of the seminar and project; evaluation using symbols and images; dynamic evaluation with movement; written evaluation





