

## **Experiential Based Facilitation Training for Health and Wellbeing in the Youth Sector**

The National Youth Health Programme (NYCI), in partnership with the HSE and Waterford Institute of Technology are delighted to bring a unique training opportunity to the youth sector – Experiential based facilitation training for health and well-being to support the delivery of SPHE and other life skills courses to young people.

Social, personal and health education (SPHE) is widely acknowledged as a critical programme in addressing the social, personal and health issues of many populations including the health needs of young people. The programme subscribes to a holistic view of health and wellbeing. The training complements the objective of youth work, to ‘support the development, health and wellbeing of young people, helping them create and maintain supportive relationships’.

*This exciting new project forms part of a wider research project exploring the delivery process and the effect of Experiential Based Facilitation Training for Health and Wellbeing.*

### **Who is the training for?**

Practitioners working in youth organisations.

### **What is involved?**

This extensive training will support youth sector organisations to work more effectively with young people through the following four phases:

1. An eight day (4 x 2 days) interactive and explorative, residential workshop on Experiential Based Facilitation Training for Health and Wellbeing for at least two participants from an organisation (maximum number 16).
2. A one day interactive and explorative, residential workshop on Experiential Based Facilitation Training for Health and Wellbeing for at least one manager from each of the participant organisation’s that will support them to integrate this training into their organisation.

3. A one day on-site whole staff support day for each organisation, to aid in the transfer of learning to the organisation (limited number of 16).
4. A re-group day for participants of the phase one training.

### **Where will the training be held?**

Residential training will be held at Teach Bhride, Tullow, Co. Carlow. The managers training venue to be agreed with managers, one day staff training at the host organisation and the one day regroup at Dr Stevens Hospital in Dublin.

### **When will the training take place?**

1. For the participants of the residential training; Block 1 September 21<sup>st</sup> and 22<sup>nd</sup> 2015, Block 2 November 16<sup>th</sup> and 17<sup>th</sup> 2015, Block 3 January 25<sup>th</sup> and 26<sup>th</sup> 2016, Block 4 March 21<sup>st</sup> and 22<sup>nd</sup> 2016
2. The managers training day to be held at a date to be agreed in February 2016.
3. One day whole organisational staff training days to be held in April and May 2016 at dates to be agreed with organisations.
4. The one day regroup for participants of the residential training will be in June 2016.

### **Why Attend?**

- Build your capacity and that of your organisation to use the experiential learning cycle as the main tool to facilitate participants in processing, generalising and applying their learning to support your work in the area of health and wellbeing.
- Acquire the skills and awareness to work with young males in a gender sensitive manner.
- Explore resistance and work with it in a way that supports the learner.
- Acquire the skills to design workshops appropriate to the needs of your target group.

### **Cost?**

- The training cost for each participant attending is €200

### **Learning Outcomes:**

On completion of the training participants will:

1. Have the capacity to use the experiential learning cycle as the main tool through which the learning will be achieved thus acquiring the skills to facilitate participants in processing, generalising and applying their learning to support all stages of the experiential learning cycle.
2. Understand the significance of one's own personal development as a key factor in effective facilitation.
3. Have acquired the skills and awareness to work with young males in a gender sensitive manner.
4. Have the capacity to deliver sessions in such a way as to support the learners to access their own knowledge.
5. Have explored questioning techniques that support the potential for optimum learning for the learner.
6. Explore resistance and work with it in a way that supports the learner.
7. Acquire the skills to design workshops appropriate to the needs of their target group.

### **Overview of the Training**

The facilitation style is experiential. It fosters a learning environment that is creative and reflective providing a safe space for exploration and personal development. The aim of the programme is to help participants focus on themselves, their values, actions and behaviors in order to enhance participants' understanding of the practical application of experiential learning through engagement in the workshops themselves. The philosophy and ethos of the course compliments and reflects the principles of youth work.

### **How to Apply?**

To request an application form please contact Rosie Boyle, [rosie@nyci.ie](mailto:rosie@nyci.ie) or dial 01-4784122. Closing date for submission of applications is **May 22<sup>nd</sup> 2015**.