



## *embodied leadership*

We're glad to welcome you to the training course **Embodied Leadership** which is implemented with the support of the Erasmus+ programme of the European Union and will take place in Bernati, Latvia, from 28.05.2015 to 07.06.2015. This document contains information you need to know to be prepared for the course. If you need some assistance, don't hesitate to contact us via e-mail [info@piepildi.org](mailto:info@piepildi.org) or call +371 29752136. Join also our Facebook group **Embodied Leadership**.



## *intro and aims*

We believe that leadership has much more to do with being able to serve the others. True leaders inspire by their presence, self-confidence and emotional intelligence and help others to live their potential and develop their own capacity to lead and inspire.

**Embodied Leadership** is an intensive training course aiming to increase competences for responsible, emphatic and effective leadership. During 9 days participants will gain more self-awareness, develop their capacity to communicate in compassionate and non-violent manner and learn to bring out the best in themselves and people they are working with. Through physical, mental and spiritual exercises and group practices participants will experience the concept of leadership that connects body, mind and spirit.

As a result of the course participants will be more prepared to face the challenges that impact their communities, organizations and personal lives, so that the challenges can be resolved in a way that benefits everyone and makes the communities and its members thrive and not purely survive.





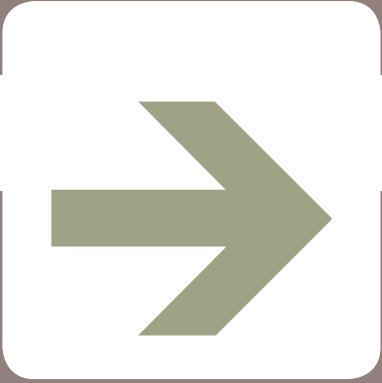
## target group

This training course involves 24 participants and experts from Latvia, Macedonia, Croatia, Bulgaria, Estonia, Romania, Spain, Slovenia, France and Italy. Main target group of the course is youth workers, facilitators and educators, as well as people working in non-governmental, non-profit organizations and social enterprises who wish to increase cooperation and dialogue, engage and mobilize institutions and individuals for solving various challenges in their communities. Participants should be at least 22 years old and speak in English.



## Trainers

Program will be facilitated by **Ilze Jece** and **Inese Priedite**. Ilze is social change facilitator and holistic body therapist. In the trainings she integrates yoga, bodywork, acrobatics and various pedagogical tools to create a playful and inspiring learning process. Inese defines herself as traveler and explorer and prefers unconventional learning approaches, including work with visual expression, embodied learning and creative writing tools to design trainings that break mind and behavior patterns which limit our growth and success.



## venue

Training course will take place in a hotel **Chill Inn**. Meals and working space will be also provided there. Three participants will share a room. You will have towels there and wireless internet. Hotel is located close to the forest and sea. Distance to the closest shop is around 7 kilometers. You can find more shops, dining places and transport connections in Liepaja, which is around 30 minutes drive away. Address of the hotel: Nicas novads, Bernati, Araji, Latvia. More information: [chillinn.lv](http://chillinn.lv)



## *costs*

Accommodation, food and activities costs will be covered from the project budget. Travel and travel insurance costs will be reimbursed via bank transfer after the course on condition that participant was present in all the activities, has used cheapest means of transportation and submitted original invoices, tickets and boarding passes. Taxi and first class tickets will not be reimbursed. Travel and insurance costs will be covered in amount up to 180 EUR for Estonians, 360 EUR for Spanish and 275 EUR for others. Extra time in Latvia is at your own expense.



## *arrival*

From Riga airport take bus No 22 to the stop Stockmann. Ticket can be purchased at the bus stop. It costs EUR 1,15. Riga bus station is in 2 minutes walking distance from the Stockmann. From the bus station take the bus to Liepaja. Trip takes around 3,5 hours, EUR 8,55. In Liepaja bus station take another bus until stop called Eglites, EUR 0,90, Nica or Otanki direction. Exact bus timetables and fares here: [1188.lv](http://1188.lv). When you have arrived in Eglites bus stop, look for a sign to hotel, it is in 50m distance.



## *mandatory packing list*

- Travel insurance or EHIC, or both, and your passport.
- Comfortable clothes and shoes for physical activities indoors and outdoors, including hiking longer distances.
- Swimming suite for sauna and beach, if plan to go there.
- Exercise mat.
- Sprays or creams against mosquitos and ticks.
- Rain coat, waterproof jacket or at least umbrella.
- Staff for intercultural coffee break.



## *coffee culture*

There is no intercultural evening on our program but it is always fun to find out more about participating countries by exploring their coffee drinking habits and traditions. Thus each national delegation will be in charge for preparing one coffee break. Bring coffee, tea, spices, snacks, music - whatever you need to present your national coffee drinking traditions to 24 people. Note, that coffee break is 30 minutes long, therefore special long entertainment program or presentations not possible at that time.



## *invitation*

To foster exchange of ideas and best practices we would like to invite also participants to propose and facilitate workshops related to the theme of the training course. Do you use embodied learning methods in your work? Have an idea how body-based learning could help to develop leadership skills? Have some interesting leadership approach or exercise to share? Workshop proposals are welcomed and can be included in the application form for the course in lines with proposed general themes and aim of the training course.



## *partners*

This project is coordinated by association **Room of Fulfilled Dreams** from Latvia in cooperation with **IMPAKT Skopje**, Macedonia, **Volunteers Centre Zagreb**, Croatia, **ESTYES**, Estonia, **Asociatia Support for Youth Development**, Romania, **Association of Young Psychologists in Bulgaria**, **Asociación Biodiversa**, Spain, **Mladinski center Zagarje ob Savi**, Slovenia, **L'Usine à Rêves**, France and **Associazione Teatro Invisibile**, Italy. More information about host is available on website [piepildi.org](http://piepildi.org).



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*arrivals*

| arrivals of the participants and checking in, exploring venue and having rest at the beach | **19:00** introduction circle, review of the program and methodological approach | getting to know the venue, the trainers and other participants | teambuilding around the grill and welcome dinner with name games |

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*exploring yourself and others*

| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** identity workshop | success = potential minus self-imposed limitations | setting personal aims | **13:30** lunch break | **16:00** creating teams and safe environment | **17:30** coffee break with Latvians | **18:00** reviewing home tasks | **19:00** dinner | **20:00** creative mandala workshop |

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*leadership in theory and practice*

| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** defining and redefining leadership | leadership in practice | **11:30** coffee break with Macedonians | **12:00** session continues | **13:30** lunch break | **16:00** leadership, charisma and importance of non-verbal communication | **19:00** dinner |

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*communication and cooperation*

| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** leading teams | **11:30** coffee break with Italians | **12:00** session continues | **13:30** lunch break | **16:00** cooperation and communication in the work place | **17:30** coffee break with Slovenians | **18:00** session continues | **19:00** dinner | **20:00** sauna |

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*leadership and creativity*

| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** exploring connections among leadership and creativity | **11:30** coffee break with Croats | **12:00** session continues | **13:30** lunch break | **16:00** creative thinking strategies and methods | **17:30** coffee break with Estonians | **18:00** session continues | **19:00** dinner | **20:00** evening circle - midterm evaluation



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| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** silent meditation | **13:30** lunch break | **14:30** nature trails | **19:00** dinner | **20:00** evening meditation | **21:00** fireplace and stories of wisdom |

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### *creative communication*

| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** creative tools for engaging publics and getting your message across |  
| **11:30** coffee break with Bulgarians | **12:00** session continues | **13:30** lunch break | **14:30** trip to Liepaja, meeting local people and organizations, free time and dinner out |

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### *engaging communities*

**8:15** morning exercising	creative writing	**9:00** breakfast	**10:00** building communities	**11:30** coffee break with French	**12:00** session continues
**13:30** lunch break	**14:30** work with communities in practice				
**19:00** dinner	**20:00** meaning of playfulness in personal growth and building communities				

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### *open space*

| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** looking back at personal aims and challenges and designing experiments to address them | **11:30** coffee break with Romanians | **12:00** session continues | **13:30** lunch break | **16:00** open space | **20:00** balance through dance |

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### *creating opportunities*

| **8:15** morning exercising | creative writing | **9:00** breakfast | **10:00** analysing needs in participants communities and creating ideas for new projects and initiatives | **11:30** coffee break with Spanish | **12:00** session continues | **13:30** lunch break | **14:30** conclusions | evaluation and feedback | video message to the rest of the world | creative photo session | **20:00** grill and farewell |

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### *departures*

| departures possible from **0:00** | **9:00** breakfast and common afternoon or evening in Riga can be organized |

