
TRAINING COURSE

CONFIDENT YOUTH WORKER

THE ASSERTIVE APPROACH

Thessaloniki, Greece
23 - 31 May 2026



Co-funded by
the European Union





“ Assertiveness is a communication style characterized by confidently expressing one's **opinions, needs, and boundaries** in a clear, honest, and respectful manner, while also being **considerate of others'** perspectives and rights ”



By integrating **assertiveness** into professional practices, youth workers not only enhance their communication skills but also:

- contribute to their own well-being and resilience
 - learn to set healthy boundaries
 - manage conflicts constructively
 - provide meaningful feedback while maintaining empathy
-

ABOUT THE PROJECT

AIMS

With this project we aim to empower youth workers with the skill set necessary to navigate the complexities of their work, while also thriving within it. The heart of this project is to introduce youth workers to the **concept of assertiveness**.

By learning to express themselves clearly and respectfully, we aim to improve youth workers abilities to create spaces that are inclusive, respectful, and empowering for the young people and communities they work with.

At its core, this project focuses on **strengthening youth workers assertiveness**. The project explores how youth workers can communicate clearly, set healthy boundaries, manage conflicts constructively, and provide meaningful feedback while maintaining empathy and mutual respect.

With this project we aim to enhance the competencies of youth workers in **assertive communication, conflict management, and feedback delivery**.

By integrating assertiveness into professional practices, youth workers not only enhance their communication skills but also **contribute to their own well-being and resilience**.

ASSERTIVE RIGHTS

TO KEEP IN MIND

- The right to say 'no'
- The right to make mistakes
- The right to express my feelings in an appropriate manner without violating anybody else's rights
- The right to consider my needs important
- The right to be me
- The right to take responsibility for my actions
- The right not to be understood
- The right to respect myself
- The right to set my own priorities
- The right to be assertive without feeling guilty



WHAT TO EXPECT

ENHANCING ASSERTIVE COMMUNICATION SKILLS

Learning to express your thoughts, emotions, and boundaries clearly and confidently, while respecting others.

UNDERSTANDING THE ASSERTIVE APPROACH

Learning to differentiate passive and aggressive communication styles.

ADVANCE FEEDBACK SKILLS

Mastering the ability to give and receive constructive feedback that empowers growth.

HANDLE CONFLICT EFFECTIVELY

Exploring various conflict resolution methods and practice using assertiveness as a way to navigate conflicts constructively.

METHODOLOGY

The training is based on non-formal education and experiential learning principles. You will be actively involved in the holistic learning approach adapted to your needs and motivation.

The training will be divided into **two parts**.

In the first part, participants will gain knowledge and skills.

In the second part, they'll have the opportunity to apply what they've learned. This practical experience will focus on teamwork that is participatory and inclusive.

EMBODIMENT
PRACTICES

COACHING
METHODS

ART &
THEATRE

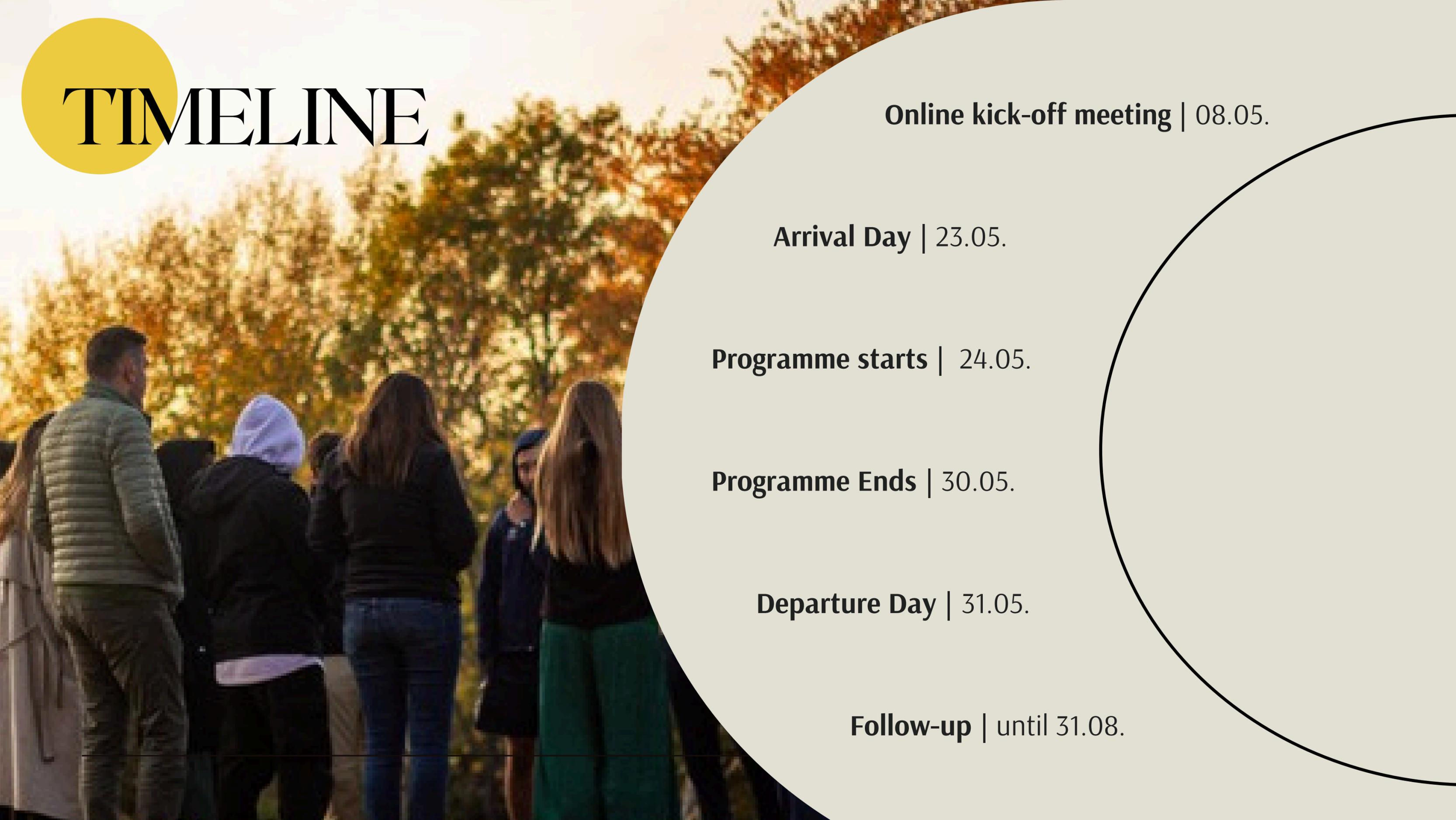
EXPERIENTIAL
LEARNING TOOLS



PARTICIPANT PROFILE

- Youth workers, trainers, facilitators of non-formal learning, or youth leaders who are actively engaged in working with young people and teams of youth workers.
- Active in the youth work field and willing to use what is learnt in the training in everyday work.
- Comfortable with English as a working language.
- Able to take part in the full duration of the programme (including the online kick-off meeting).
- Resident of one of these countries: **Greece, Lithuania, France, Germany, Latvia, Spain, Slovakia, Italy, Czechia and Slovenia.**
- Aged 18 and above.





TIMELINE

Online kick-off meeting | 08.05.

Arrival Day | 23.05.

Programme starts | 24.05.

Programme Ends | 30.05.

Departure Day | 31.05.

Follow-up | until 31.08.

MEET THE TEAM



ILIAS GIANNOPOULOS

Ilias is a member of the Pool of Trainers of the Greek National Agency for Erasmus+ Youth. He brings a wealth of expertise in project design and the European Training Strategy (ETS). He has led numerous non-formal education projects, including Youth Exchanges, Training Courses, and internal trainings for various international youth organizations. Additionally, he offers personalized mentoring to help participants turn their ideas into actionable projects, providing guidance and support every step of the way.



RAMINTA RUSOVIČIŪTĖ

AdvDipCoach/Cognitive Behavioral and Solution Focused Coach, Freelance Trainer and Learning facilitator, part of Trainers' pool in Lithuanian National Agency. CEO of NGO Innovative Generation. Please find more in my LinkedIn profile: <https://www.linkedin.com/in/ramintarusoviciute/>



MICHAELA GELNAROVA

Training pool of the Czech National Agency (2021-2024), alumna of 2023/24 edition of SALTO's Training of Trainers. Passionate about non-violent communication, inclusive human-centered design, the use of crafts in youth work, and community building.

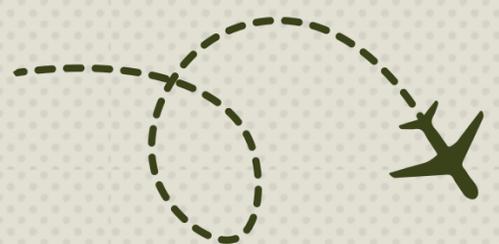
TRAVEL & REIMBURSEMENT

The project is co-financed by the Erasmus+ programme. Accommodation and food are fully covered for the duration of the project. Your travel costs (economy class tickets and cheapest route possible) will be reimbursed up to the limits set by Erasmus+, based on your country of residence.

To receive your reimbursement, you'll need to:

- Keep all original travel tickets, boarding passes, and receipts
- Travel on the dates agreed with the organisers, with a maximum of 2 extra travel days in total
- Take part in all activities during the project in a dignified manner
- Complete the follow-up activity

REIMBURSEMENT IS POSSIBLE UP TO
THE **FOLLOWING LIMITS:**



Greece

***285 EUR**

Lithuania, France, Germany, Latvia,
Spain, Slovakia, Italy, Czechia, Slovenia

309 EUR

*Participants from Greece can only travel using **Green Travel**, which means using buses and trains

ACCOMMODATION



Philippion Hotel, will be your home during this project. A place located on the beautiful Seich Sou hill in Thessaloniki, surrounded by forest and greenery, and offering panoramic views of the city, the Thermaikos Gulf and surrounding mountains.

The venue is located 10–15 minutes by bus or car from Thessaloniki city centre, combining the tranquillity of nature with easy access to the city centre.

You will stay in shared bedrooms – **2 to 3 people per room**. All rooms have private bathrooms, air conditioning, free Wi-Fi and a mini-fridge. During your stay you will have access to restaurant and breakfast area, common spaces for informal gatherings & free parking.

FOLLOW-UP

Sharing what you learn is an essential part of this Training Course.

By joining you agree to actively take part in dissemination during the training and afterwards!



You'll have space and support throughout the training to explore ideas, experiment, and co-create ways of sharing the project's results.

Within the time frame of 3 months after the end of the programme you'll need to complete the dissemination and follow-up activities.

How you will choose do it, is up to you – whether through stories, visuals, videos, events, or other creative and innovative formats that make sense for you and your community.

PARTICIPATING ORGANISATIONS



Greece



Spain



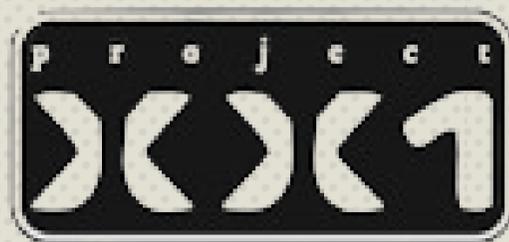
Lithuania



Slovenia



Czechia



Italy



France



Germany



Slovakia



Latvia

Apply Here

Deadline for the applications is the **08th of March**.

We invite you to apply as soon as possible because we will be choosing the participants on the go!

*Applications fully generated by AI will be automatically rejected.

If you have any questions, feel free to contact us:

confident@roes.coop