



We strive to ensure that everyone has the opportunity to achieve real fulfilment in their personal, social and professional lives. We motivate and inspire people to seek individualised solutions for balancing their personal and professional lives. We support organisations that operate in the spirit of providing equal opportunities and thus contribute to the development of our society.

PLinEU Association participates in projects and supports Work Life Balance initiatives.

European Advisors` Association PLinEU

WHO WE ARE?

European Advisors' Association PLinEU is a pioneer non-governmental organization from Krakow, which elaborates, promotes and implements innovative methods of vocational education training for unemployed people based on Life Balance idea. We have assisted more than 2000 persons, 500 organizations and businesses. We have successfully completed many social projects mainly in the area of Life Balance assistance. In our work, we continue to search for the best ways to activate and support those who are eager to be active in the labour market and are in the process of long life learning.

WHAT IS OUR APPROACH?

Human being develops throughout life and coping with life in the contemporary world requires active and involved attitude and action. We teach how to shape this kind of attitude and in our training programs we apply approach which is based on the following assumptions:



Using **innovative methods** to develop proactive attitude and to support people in the change processes, life quality improvement and balanced development on each life stage.

Holistic approach to human life is crucial for us. When working with people we take into account their physical, emotional, mental and spiritual aspects of functioning. We assume that between all those life components there is a tight dependency and it's hardly possible to treat them separately.

Another pillar of our activity is **systemic approach** which explains social phenomena by means of networks of relations, links and interactions as opposed to linear explanations e.g. cause and effect. Human beings stay in constant interaction with the world and in a given context.

One of the main pillars of our work with people is **empowering** and **appreciative approach**. People are actors and agents of their lives, they have choice and free space. There is a positive intention behind each action and development takes place on every stage of life.

Decision making process is important because not only do we respect people's autonomy but we also teach to make choices as a key competence which is the basis for building proactive attitude.

www.plineu.org
www.facebook.com/PLinEU

COURSE TITLE:

Social and vocational activation of adults at risk of marginalization

DATES:

10-14.10.2018
3-7.06.2019
14-18.10.2019

LOCATIONS:

Krakow, Poland
Krakow, Poland
Krakow, Poland

CERTIFICATES:

- Europass Mobility Certificate
 - Certificate of Obtained Competences
 - Certificate of Completion
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LANGUAGE: English**COURSE DESCRIPTION:**

A passive attitude and the mechanism of learned helplessness can lead to exclusion in the modern labour market. The only certain thing is that everything is changing faster and faster. Therefore, it's much more difficult nowadays to reach a state of stability, security and influence on one's own professional life. It's much easier to cope if a person is proactive which means not waiting for what another day brings and not limiting oneself to just reacting towards changes but rather taking deliberate actions to prepare for changes or to prevent them or, at best, to shape his/her future according to his/her own values and desires.

The concept of the training is based on positive psychology and assumption that the development of proactivity is not the only one but the key element in the process of social and professional activation.

In this workshop we consider the underlining teaching methods which enables us to create a learning-friendly space, to experience and practice new skills which facilitate building good relations, raising awareness and searching for one's own, efficient solutions.

We have included in the program various training tools and methods; however, we have built into the programme an element of flexibility and the ability to adjust the exercises to each group's specifics.

COURSE PLAN:

Day 1: Introduction, basic theoretical assumptions: the concept of man, the concept of the

world of work, assumptions about the role of “adviser” in the process of activation, methods and goals to achieve; areas of work in the process of activation: knowledge about yourself, knowledge about the world of work, applying effective strategies.

Day 2: Building a relationship based on trust and security, motivating and coaching methods and tools e.g. work on the line of life, discovering and organising resources, setting goals.

Day 3: Four stages of the decision-making process; practical exercises e.g. working out a plan of action

Day 4: Practical exercises e.g. overcoming difficulties; development of programs.

Day 5: Implementation: how will I use new knowledge and skills in my work summary.

BENEFITS FOR THE PARTICIPANTS:

- Getting to know and practicing new methods, coaching and counseling tools
 - Getting to know and practical application of tools to motivate and support change
 - Greater self-awareness as a counselor
 - Exchange of experiences with other participants
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THIS COURSE IS FOR:

Trainers, coaches, adult teachers, social workers, career counselors

TRAINERS:

Jolanta Nosal – psychologist, trainer, coach and vocational counselor. She has 25 years of experience in training, consulting and coaching work with people (over 15 thousand hours). Since 1996, she has been carrying out training projects for labour market institutions, social welfare and non-governmental organisations. She specialises in the issues of a balanced professional and personal development as well as social and professional integration of groups at risk of social exclusion and the labour market.

Since 2005, she has been working on projects aimed at social and vocational activation of adults at risk of exclusion.

Sylwia Tałach-Kubas – human resources manager, trainer, mentor, business consultant. Has 15 years experience in career and personal development trainings, related among others to work-life balance, career management and entrepreneurship. Delivers trainings for diverse groups: unemployed people, young entrepreneurs, women reintegrating to labour market; working both for business and NGOs sector. Completed many courses related to adult education among others: International Certificate in Training, Learning and Development (Matrik and Pearson Edexcel); Train the trainers certificate „Career Manager”; „Activate Inactive” program on motivating unemployed people.

Member of board of PLinEU association for 6 years, member of PLinEU for 13 years.

COURSE TITLE:

Career counseling conducted by Educational Method

DATES:

1-5.10.2018
8-12.04.2019
23-27.09.2019

LOCATIONS:

Krakow, Poland
Krakow, Poland
Krakow, Poland

CERTIFICATES:

- Europass Mobility Certificate
 - Certificate of Obtained Competences
 - Certificate of Completion
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LANGUAGE: English**COURSE DESCRIPTION:**

Nowadays people repeatedly, at various stages of life, face the necessity of making professional choices. This is due to the very fast pace of changes in the labour market in terms of the demand for competences as well as the lack of employment stability.

That is why it is important to teach people how to make choices and look for their own ideas for work. For this demand, the answer is provided by Educational Method. This method was created in the 20th century in Canada, where it was used in counselling for students. In Europe, it has been developed especially in France and in Poland where it is successfully used in working with people of all ages and different situations eg. different level of education. The educational method was created on the basis of positive psychology and in many dimensions is associated with the coaching methodology. The method is open but stream of thoughts based on the following pillars:

1. A humanistic concept assuming that an individual has all the elements needed to solve his/her problem, but may temporarily need external support to effectively mobilize resources.
2. Human development takes place in constant interaction with the environment and it is necessary in the orientation process to consider the context in which the individual operates.
3. Just as the world changes, so man develops throughout his life and can not be treated as a static and determined once and for all phenomenon.

The role of the adviser in this method is to help the client in using and pooling the competencies necessary to solve his personal or professional problem and to make his/her own decisions.

COURSE PLAN:

- Day 1:** Introduction to basic theoretical assumptions: four theoretical pillars of educational counseling; building professional relationship in the process of counselling;
- Day 2:** Methods of operation and areas of work in an advisory relationship: four stages of decision making; role and tasks of the adviser; client tasks. Advisory conversation: conversation stages, analysis of customer needs, types of questions, exercises used at specific stages of the process.
- Day 3:** Exercises and tools used in individual work.
- Day 4:** Exercises and tools used in work with group.
- Day 5:** Implementation: how will I use new knowledge and skills in my work; summary.
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BENEFITS FOR THE PARTICIPANTS:

- Getting to know and practicing new methods and counseling and coaching tools.
 - Getting to know and practical application of tools to motivate and support change process.
 - Greater self-awareness as a counselor, trainer, teacher, social worker etc.
 - Exchange of experiences with other participants
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THIS COURSE IS FOR:

E.g. trainers, coaches, adult teachers, social workers, career counselors

TRAINERS:

Jolanta Nosal – psychologist, trainer, coach and vocational counselor.

She has 25 years of experience in training, consulting and coaching work with people (over 15 thousand hours). Since 1996, she has been carrying out training projects for labor market institutions, social welfare and non-governmental organisations. She specializes in the issues of balanced professional and personal development as well as social and professional integration of groups at risk of social exclusion and the labour market.

Since 2005, she has been working on projects aimed at social and vocational activation of adults at risk of exclusion.

COURSE TITLE:

Seniors' mental wellbeing for educational organisations

DATES:

15-19.10.2018
13-17.05.2019

LOCATIONS:

Krakow, Poland
Krakow, Poland

CERTIFICATES:

- Europass Mobility Certificate
 - Certificate of Obtained Competences
 - Certificate of Completion
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LANGUAGE: English**COURSE DESCRIPTION:**

European society is getting older and older. There are many dedicated programs available supporting physical activity for elderly people, but it is not enough to guarantee the high quality of their life during retirement. As many seniors suffer from social exclusion they are at great risk of depression or apathy. Thus healthy active aging programs should include and develop contents concentrating on mental wellbeing of seniors.

The concept of this training is based on cognitive behavioral psychology combined with mindfulness based attitude. The objectives of the course is to prepare the trainers to support seniors in changing their habits for more healthy and active. The objectives of the program for seniors are: carrying out relevant health practices, strengthening of personal and social resources, especially referring to psychological resources. The program is focused on getting to know many practical tools & methods that can be used to reduce stress and anxiety and to manage emotional state, among others: numerous relaxation techniques and breath exercises, mindfulness techniques, yoga & qi gong, mood meter.

COURSE PLAN:

- Day 1:** Introduction and presentation of group; integration exercises, basic theoretical assumptions (CBT model, changing one's health behaviour or lifestyle model); practical exercises – relaxation techniques
- Day 2:** Introduction to basic knowledge mindfulness ; practical exercises to improve body perception and manage energy (based on mindfulness and qi gong); using timeline to detect positive experiences
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Day 3: Analysis & development of own resources supporting effective mind and emotional management; setting up affirmations; practical exercises – relaxation techniques and meditation, concentration techniques

Day 4: Developing healthy strategies referring to diverse areas of life; half day outdoor in Krakow or area including some physical activity

Day 5: Practicing mindful eating; practice in delivery of relaxation techniques and meditation; Summary

BENEFITS FOR THE PARTICIPANTS:

- Understanding of assumption of cognitive behavioral model and mindfulness
 - Improved awareness of body and mind connection
 - Improved body perception and ability to relax
 - Upgraded competences in delivering relaxation and meditation techniques
 - Upgraded ability to adapt and react to stress
 - To be familiar with mental techniques as well as exercises and apply them in seniors' education and activation
 - Ability to deliver social support regarding mental well-being
 - Competencies in promotion of social integration of seniors
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THIS COURSE IS FOR:

E.g. adult educators specialised in seniors educations, seniors' Universities teachers, sport instructors delivering trainings for seniors, elderly care workers.

TRAINERS:

Diarmuid Lavelle – life coach, therapist & trainer.

Has 19 years long experience in trainings and coaching. Trains therapists and coaches in various methods of brief therapy and trains groups in NLP and stress reduction. In 2008 I published a book about using ones senses to love food and shed weight. Written many published articles in local and national newspapers as well as radio interviews. My goals are to publish more of my ideas and constantly improve my effectiveness to help others. Currently working for the EU, training consultants and trainers in motivational strategies in Poland, Germany, Spain and Brussels.

Specializes in stress reduction, interpersonal communication, resolving limiting beliefs and values, behavior change, motivation, problem solving.

Sylwia Tałach-Kubas – human resources manager, trainer, mentor, business consultant.

Has 15 years' experience in career and personal development trainings, related among others to life balance, mindfulness and stress management. Delivers trainings for diverse groups: employees, unemployed person, young entrepreneurs and seniors, and also University workers and trainers; working both for business and NGOs sector. Completed many courses relat-

ed to adult education and life balance programmes, among others: International Certificate in Training, Learning and Development (Matrik and Pearson Edexcel); Train the trainers certificate for „Healthy Active Aging for seniors”(Muenster University); completed Mindfulness Based Stress Management Programme (Kwantum); Planning and delivery of development programs for elderly people (Proactivate).

Practices yoga and qigong. Member of board of PLinEU association for 6 years, member of PLinEU for 13 years.

COURSE TITLE:

«Between body and mind» – stress management

DATES:

17-21.09.2018
6-10.05.2019
16-20.09.2019

LOCATIONS:

Krakow, Poland
Krakow, Poland
Krakow, Poland

CERTIFICATES:

- Europass Mobility Certificate
 - Certificate of Obtained Competences
 - Certificate of Completion
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LANGUAGE: English**COURSE DESCRIPTION:**

The labour market is changing drastically. Limitless work and the domination of information technology are examples of the most common tendencies challenging both organisations and individuals.

Having to cope with too many stimuli and the difficulties of finding a work life balance mean that we need to develop **effective strategies to cope with stress**.

The concept of this training is based on cognitive behavioral psychology complimented by a mindfulness based attitude. The course is offered as a set of workshops enabling participants to upgrade their awareness on how to improve their own stress management and how to include “handling stress contents” in your adult education practice. The Programme consists of basic theoretical knowledge on stress mechanisms enriched by many techniques including: relaxation techniques; mindfulness meditation; and physical activities based on yoga, qi gong and outdoor activities. In addition to these body-centered methods of coping with stress, the programme offers a range of cognitive tools increasing self-confidence and improving positive thinking (e.g. work with automatic thoughts and beliefs or exercises on personal resources). Additionally you will benefit from the unique location of the training – in the center of Krakow city combined with the opportunity for additional outdoor activities and sightseeing.

The core of the programme is beneficial for both employees of your organisation who suffer from stress or are looking to prevent burnout as well as for trainers who want to upgrade their competencies and learn new contents and techniques.

We adjust the content of programme to the specific needs of each particular group for example: managers, career counselors, teachers. Particular activities and exercises are also matched to the level and needs of particular group.

COURSE PLAN:

- Day 1:** Introduction and presentation of the group; integration; identification and analysis of individual stressors and coping styles; basic theoretical assumptions referring to stress (definitions, mechanism of the stress, types of stress response etc.); practical exercises (relaxation techniques).
- Day 2:** Short term stress – maximizing benefits, reducing costs; introduction to mindfulness; practical exercises – short term stress handling techniques; instruments for the detection of stress-associated problems.
- Day 3:** ‘Stress in action’– challenging city game; case study to individual stress management; development of your own resources to support effective stress management – positive inner monologue, affirmations and personal resources awareness increasing; building healthy habits.
- Day 4:** Developing long term stress management strategies (life/work balance); body and emotions – practical exercises on relaxation, mindfulness; outdoor activities in the Krakow area. **Mind** – supportive thinking vs limiting beliefs – self-talk analysis and changing.
- Day 5:** Identification of areas for change, first steps on doing and undoing/ceasing after training, success indicators, planning next steps; Sharing chosen techniques with other participants (getting feedback); summary.
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BENEFITS FOR THE PARTICIPANTS:

- Systemized and expanded knowledge on stress mechanisms and greater understanding of individual stress responses to stress.
 - Ability to deliver trainings in the area of well-being and stress management.
 - Expanding knowledge about healthy living: factors reinforcing and weakening physical and psychological condition, interactions between body-mind-emotions, influence of diet and physical activity*.
 - Knowing and applying relaxation and stress releasing techniques.
 - Ability to manage one’s own energy and group energy.
 - Getting to know tools supporting positive thinking , self-esteem and self-confidence*.
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THIS COURSE IS FOR:

E.g. managers, team leaders as well as adult trainers, social workers, career counselors.

TRAINERS:

Agnieszka Dudka – psychologist, trainer, mentor. Has 11 years experience in working with people (both individuals and groups, including groups at risk of social exclusion, young

and adult):counseling, consulting, sociotherapy and training. Main areas of her professional interest and activity are: development of social skills, Communications, strengthening personal resources, managing emotions and stress. Among others, she has completed the following courses: 'Emotional communication and Energy Training Course', 'Life Balance Course', Building Competences for coaching ages 50+based on Healthy Active Living for Seniors and the Work Life Balance approach, 'Mindfulness in the training process', 'Innovative Trainers competences in working with young and seniors'.

Member of PLinEU association.

Sylwia Tałach-Kubas – human resources manager, trainer, mentor, business consultant.

Has 15 years experience in career and personal development trainings, related among others to life balance, mindfulness and stress management. Delivers trainings for diversers groups: employees, unemployed persons, young entrepreneurs and seniors, and also University workers and trainers; working for both the business and NGOs sector. She has completed numerous courses related to adult education and life balance programes, among others: International Certificate in Training, Learning and Development (Matrik and Pearson Edexcel); Train the trainers certificate for „Healthy Active Aging for seniors”(Muenster University); : 'Emotional communication and Energy Training Course', Proactivate; Mindfulness Based Stress Management Programme (Kwantum).

Practices yoga and qigong. Member of board of PLinEU association for 6 years, member of PLinEU for 13 years.

Client support

Writing a successful project application is not easy. Our team of experienced project writers would like to support you.

Completing the application process with our assistance is much easier than doing it on your own, guaranteeing you a higher success rate of being approved for funding.

HERE IS WHAT YOU NEED TO DO:

1. Choose the courses you would like your staff to attend
 2. Apply for a PIC number if your organisation does not have one:
https://ec.europa.eu/research/participants/portal/doc/call/fp7/fp7-ict-2013-sme-dca/3291-obtaining_pic_and_ecas_en.pdf
 3. Contact one of our three organisations:
 - M-Powered Projects: marzena@m-powered.eu
 - PlinEU: sylwia.talach@plineu.org
 - CFCP: ian@cfcf.ie
 4. We will help guide you on how to write your project application. We will also provide you with the text you need for the course descriptions
 5. Prepare the project application
 6. Send it to us for final evaluation
 7. Submit the application to your National Agency by 2 February 2018
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FOR MORE INFORMATION CONTACT:

- **M-Powered Projects:** marzena@m-powered.eu
 - **PlinEU:** sylwia.talach@plineu.org
 - **CFCP:** ian@cfcf.ie
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