

# FIT Training Course

Challenging experienced to become outstanding



Advanced Training for Youth Trainers, Leaders and Facilitators, in Romania, 24.7. – 2.8.2009



*"For me FIT was the start of something great! I saw myself in a new light, a new perspective on myself. The inspiration I got from the trainers and the other participants still energizes me. FIT was a challenge, but the inspiration and the tools I learnt there have kept me challenging myself daily."*

Do you want to go further in leading, facilitating and training youth groups and organisations? Do you want to improve your skills and ability to inspire, empower and free the potential of groups through facilitation and training?

## WE CHALLENGE YOU...

To join an inspiring and daring training course aimed at *transforming experienced leaders into outstanding ones* by building solid confidence based on self-awareness, power **attitudes**, practical **skills** and relevant **knowledge**.

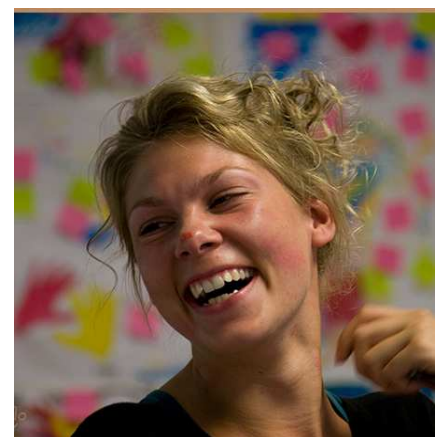
## IN THIS TRAINING YOU WILL:

- Practice and improve your leadership competences through self-reflection and feedback from experienced trainers and co-participants;
- Develop your personal leadership style by exploring your strengths, increasing your self-awareness and self-confidence;
- Develop essential facilitation and training attitudes such as self-reflection, feedback as a gift, servant leadership, positive thinking and challenge as a source of power;



## APPLY IF YOU ARE:

- Ready to be challenged
- Committed to attend the full duration of the course and use the competences gained within your organization
- Between 18 and 28 (*exceptions can be made for older participants*) and from YIA member state
- A catalyser of human development (with a good sense of humour)



**FIND MORE ABOUT FIT09 FROM [WWW.FIT09.NET](http://WWW.FIT09.NET) AND APPLY BEFORE THE 4TH OF JUNE 2009, 24:00 CET**