

## BODY FOR EMPOWERMENT

*Sharing tools of the body and creative media for empowerment of youth*



**Sharing tools Slovenia: 2.4.2025 - 5.4./6.4 2025**

**Sharing tools Croatia: 9.10.2025. - 13.10.2025**

7 participants per organisation:

Association of nurturing earth and spirit (SLO)

Udruga Amazonas (CRO)

## **SUMMARY of THE PROJECT ACTIVITY:**

We are organizing two training courses with the focus of empowering our youth workers, volunteers and people connected to our organization with different tools, experiential methods and theories of using the body and creative media for working with youth and holistic empowerment.

In both training courses we will explore elements of physical and image theater, system constellations, expression movement, experiential exercises with using the body, contact improvisations, art therapy, somatic as a preventative and supportive activity, as well as a tool in times of crisis.

## **DATE OF 2nd TC: 9.10.2025 - 13.10. 2025.**

VENUE: Zadar - Croatia, Obala kneza Trpimira 76, 23 000 Zadar

<https://www.hicroatia.com/hostel/hi-hostel-zadar/>

## **ARRIVAL: 9.10.**

On arrival day you should arrive before dinner; dinner will be served at 19:00. We will have a short introduction session after dinner, at 20:00.

**DEPARTURE: 12.10.** (evening) **or 13.10.** after breakfast

**APPLICATION FORM:** <https://forms.gle/amRwXPCRoAX6naoi7>

## **KEY PILLARS OF 2nd TC:**

This part explores how to support young people in building confidence, self-awareness, and emotional strength through experiential and body-based methods. The training will focus on creating a safe, inclusive environment where participants can grow both personally and professionally.

### **Methods we will use:**

- Empowerment Self-Defense (ESD)
- Somatic and movement-based practices
- Guided improvisation and creative expression

- Verbal and physical boundary-setting
  - Reflection and sharing circles
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## **THEMES AND METHODS – 2nd TC:**

### **RESILIENCE**

These sessions introduce a basic framework for understanding resilience and its connection to well-being and trauma-informed care. Through experiential learning, somatic work, and guided reflection, participants will explore how stress and adversity affect individuals, and how resilience can be supported and strengthened.

Using Contact Improvisation and improvisation scores, we will explore the embodied dynamics of resilience, interpersonal support, and regulation. Movement scores will guide us in investigating how flexible systems hold structure, how stability emerges through co-regulation, and how inclusive, responsive relationships can be physically and socially practised.

Themes include identifying protective factors, promoting social skills, and creating inclusive and supportive group spaces. Through movement and somatic work, we will question:

- What is support inside flexible structures?
- What is stability in the context of resilience and regulation?

### **EMOTIONAL REGULATION**

This theme focuses on helping professionals and young people recognize, understand, and regulate emotional responses through body-mind connection. Focusing on senses, nervous system regulation, intro to co-regulation, as well as creative techniques and somatic techniques, participants will develop tools to manage emotions and support others – especially youth – in emotionally intense situations.

### **EMPOWERMENT**

We will work with the Empowerment Self-Defense (ESD) methodology, combining physical, emotional, and mental tools for self-protection and boundary-setting. Through movement, body awareness, and verbal exercises, participants will explore how to reclaim

their space, use their voice, and develop personal power. These sessions are trauma-informed, accessible, and grounded in experiential learning.

### **Costs**

The project covers the costs for food, accommodation and partly travel.

You can reach **HI Hostel Zadar** easily by car – just follow signs to Zadar, then towards the Borik area, and head to **Kneza Trpimira Street** where the hostel is located.

By bus, take an intercity bus to **Zadar Main Bus Station**, then hop on a local city bus (e.g. line 5 or 8) toward **Borik** and get off near **Kneza Trpimira** street, just a short walk from the hostel.

Maximum travel reimbursement for Slovenian participants is 100 EUR.

Maximum travel reimbursement for Croatian participants is 100 EUR.

The costs will be reimbursed based on actual receipts (such as gas and highway toll bills) submitted to the country organization. Amazons will manage travel arrangements for participants from Croatia, while NZD will coordinate travel for those from Slovenia.