

**26.04.2022 – 29.04.2022**

**Tuesday, 26.04.2022**

Until 12:00	Arrival of participants from DE, PL, CZ, ES, TU, CHR
13 – 14:30	Lunch
15.00 -16.30	Welcome and presentation of the programme, getting to know each other and group integration
17.00 -18.30	Idea of self-care - introduction
18.30 -19.00	Closing of the day
19.000 – 20:00	Dinner

**Wednesday, 27.04.2022**

08:00 – 09:00	Breakfast
09:00 – 09:30	Common start of the day
10:00 – 11:15	Needs as an inner compass / source of motivation and energy
11.30 -13.00	Exploration of our own needs
13:00 – 15:00	Lunch
15:00 – 16:30	Important role of emotions in mental health
16:45 – 18:00	Connection with emotions; emotions versus needs
18:00 – 18:30	Closing of the day
19:00 – 20.00	Dinner

**Thursday, 28.04.2022**

08:00 – 09:00	Breakfast
09:00 – 09:30	Common start of the day
09:30 – 13:00	Self-empathy as a way of dealing with difficulties
13.00 -15.00	Lunch
15:00 – 18:30	Searching for the best strategies of self-caring
18.30 -19.00	Closing of the day
19.00 –20.00	Dinner

**Friday, 29.04.2022**

08:00 – 09:00	Breakfast
9.00-9.30	Common start of the day
9.30.11.00	New habits based on self-caring practices
11.15-12.30	Evaluation of the training
13.00	Lunch
14.00	Departure

The organizers reserve the right to make changes to the programme.  
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