

# THE DIFFERENCE BETWEEN

Creative tools for communication and connection  
31 October-6 November 2017., Hollókő, Hungary



In our everyday communication, at home and at work, we have a different impact with different people. How would your working performance benefit if you could **create the impact you aim for**? What if you start communicating in a **more effective, more appealing** manner while having the capacity to **create better connection** with others?

## OUR TRAINING APPROACH

We believe that everything starts with **awareness**. Therefore in this training course we create the **space to connect** with yourself and others. To explore the difference between all layers of communication with the support of input and tools coming from **theatre**, different **body consciousness** and **movement** techniques, **dance**, embodied **coaching** and more. And of course all this you can also **implement** in your work back home.

We give plenty of time to reflect:



**WITH THE TRAINERS,**



**IN SMALL GROUPS,**



**WITH YOURSELF OR**



**WITH PEERS.**

This ensures a strong learning experience which you can form according to your personal goals, and ensure adaption.

## DURING 7 DAYS WE WANT TO GIVE YOU THE SPACE TO EXPLORE THE FOLLOWING QUESTIONS

- 1 What are my communication patterns?
- 2 How do they limit or support me in my interactions?
- 3 How to maintain, create and expand connection with others?
- 4 Which tools can support me?
- 5 What is the relationship between emotional state and my body?
- 6 How can I use it for my own advantage?
- 7 How to increase my flexibility, creativity and playfulness?
- 8 How to develop meaningful cooperation in an international working context?



# OUTCOMES

The training will allow you to develop your own skillset or toolkit, with different inputs, approaches and exercises, so that you:

- Become more aware of your own communication at all levels: non-verbal, vocal and verbal;
- Discover new possibilities of movement to support your communication;
- Improve your capacity for creating connection with others and gain their willing cooperation;
- Develop a more persuasive and impactful communication
- Optimize the use of your body as a tool to create an emotional impact on others
- Enhance your emotional mastery – improving the management of your emotions throughout the day, especially when dealing with unexpected situations
- Enhance your performance as a team member in an intercultural and international group
- Diversify your working approach

# PROGRAM

The Difference Between consists of 7 working days, with 8 to 10 daily working hours consisting of input, practice and reflection.

The program itself is a build-up or a day-by-day setup where each day is developed upon the basis created the previous day. Like Lego bricks that come together to form a solid structure.

For this we will use theoretical inputs coming from communication theories, coaching and NLP; exercises coming theatre (forum theatre, improvisational theatre, method acting), dance (contemporary, contact, contact impro), stage/multidisciplinary artistic performance, body consciousness and movement techniques, embodied coaching.

THE JOURNEY OF THE TRAINING COURSE WILL START FROM OBSERVING REALITY AND WILL GROW INTO CO-CREATION WITH OTHERS:

## Day 1 **OBSERVATION**

Setting the ground of the training and approaching observation as starting point for improving communication.

The first inputs on communication and observation will be provided together with exercises for awareness.

## Day 2 **PERSONAL AWARENESS**

Observing myself and my patterns of communication, while realizing what can be the impact on others.

This will be done through a combination of theories on communication and communication styles along with exercises coming from dance and other movement and body consciousness techniques.

## Day 3 **CONNECTION**

Creating connection with others at different levels (non-verbal, vocal and verbal), developing trust in relationships.

Theater, dance and NLP will be the working frame for the day.

## Day 4 **IMPACT**

Using body posture, voice and words to create a specific, planned impact.

Acknowledging the relationship between emotional states and body and how to use it with the support of embodied coaching.

Discovering how flexibility, cooperation and playfulness are interconnected through the frame of improvisational theater.

## Day 5 & 6 **MODELING**

Creating a learning community fitting to your goals and needs, in another venue where Nature is a prime element.

It will be based upon the learning experience coming from the combination of the input of the training plus the one coming from your own working background.

## Day 7 **FINAL STEPS**

Time for reflecting upon the whole experience of the training with a special focus on the modeling part.

Evaluating and closing the training course together.

# LANGUAGE

the training is given in simple and easy-to-understand English.

# Practical information

## Dates

**ARRIVAL**  
31 October,  
2017 till  
12:00



**END OF THE  
PROGRAMME**  
6 November,  
2017 at 18:00



**START OF THE  
PROGRAMME**  
31 October, 2017  
at 15:00



**DEPARTURE**  
6 November,  
2017 in the  
evening

## ACCOMMODATION

During the training you are hosted in Creative Space Training Centre or Kreativ Tér in Hollókő, Hungary ([www.kreativter.hu](http://www.kreativter.hu)).

Kreativ Tér has shared rooms (4 people each), each having a shower and toilet ensuite. There is Wi-Fi internet connection available.

There is a room for main activities, alongside with other rooms where participants can spend informal time together.

There will be 3 meals/day provided by a local staff.

Hollókő is a special and beautiful Hungarian village, and it is a UNESCO World Heritage Site. ([www.holloko.hu](http://www.holloko.hu))



# COMMITMENT FEE

400€ for people with paid jobs.

350€ for students and people without a paid job.

This fee will cover all costs related to the training course and accommodation, for 7 days and 6 nights. If you wish to arrive earlier or leave later the accommodation, it is possible for an additional fee.

It does not cover the travel costs, visa and insurance. We provide invitation letter and assistance for obtaining visa.

This training is not funded by Erasmus+ or any other grant.



## ESZTER KORÁNYI

Eszter started to work in the field of non-formal education in 2004, and she is a personal development trainer since 2008. Creative movement techniques and contemporary dance are her passion which she has been connecting with personal development. In the field of non-formal education she has experience in mentoring volunteers and youth workers, project management, organisational development consultancy for NGO-s, content development of training courses and educating children. She has an MA in Economics from the Corvinus University of Budapest, she lives in Israel since 2013.

## AFONSO BÉRTOLO

Afonso is a free-lance trainer and youth worker.

He finished his Master in Clinical Psychology in Lisbon in 2008. Since 2009 he has been involved in community intervention and working with groups in several international contexts: Portugal, Hungary, Guinea Bissau, Bulgaria and the Netherlands.

His main areas of work are personal development and coaching with a strong focus on movement and body awareness; mentoring of young people with fewer opportunities; media as an educational tool; and project management in the area of youth field.



# APPLY NOW!

If you want to join the journey, [fill in our application form!](#)

Please note that only complete registration forms are taken into consideration. Please wait for confirmation before you book your tickets. After confirmation 150 € has to be paid by bank transfer to confirm your placement.

If you are still deciding whether now is the right time to attend the training, or you have specific questions about it, you are welcome to write to us at [difference.between@egyesek.hu](mailto:difference.between@egyesek.hu)



**WE ARE LOOKING FORWARD TO  
SEEING YOU IN HUNGARY!**

The Difference Between Team