

THE NEURAL TOOLBOX

09th of May - 15th of May
(included travel days)



Romania - Brasov, Bran



Co-funded by
the European Union



About the project

Picture yourself mastering a comprehensive toolkit of NLP techniques specifically designed for youth work. Over five intensive days, you'll explore everything from subtle communication patterns to powerful mindset transformation tools. Each day builds on the previous, weaving together practical skills with deep understanding of how young minds work and respond.

PROJECT OBJECTIVES

OBJECTIVE 1

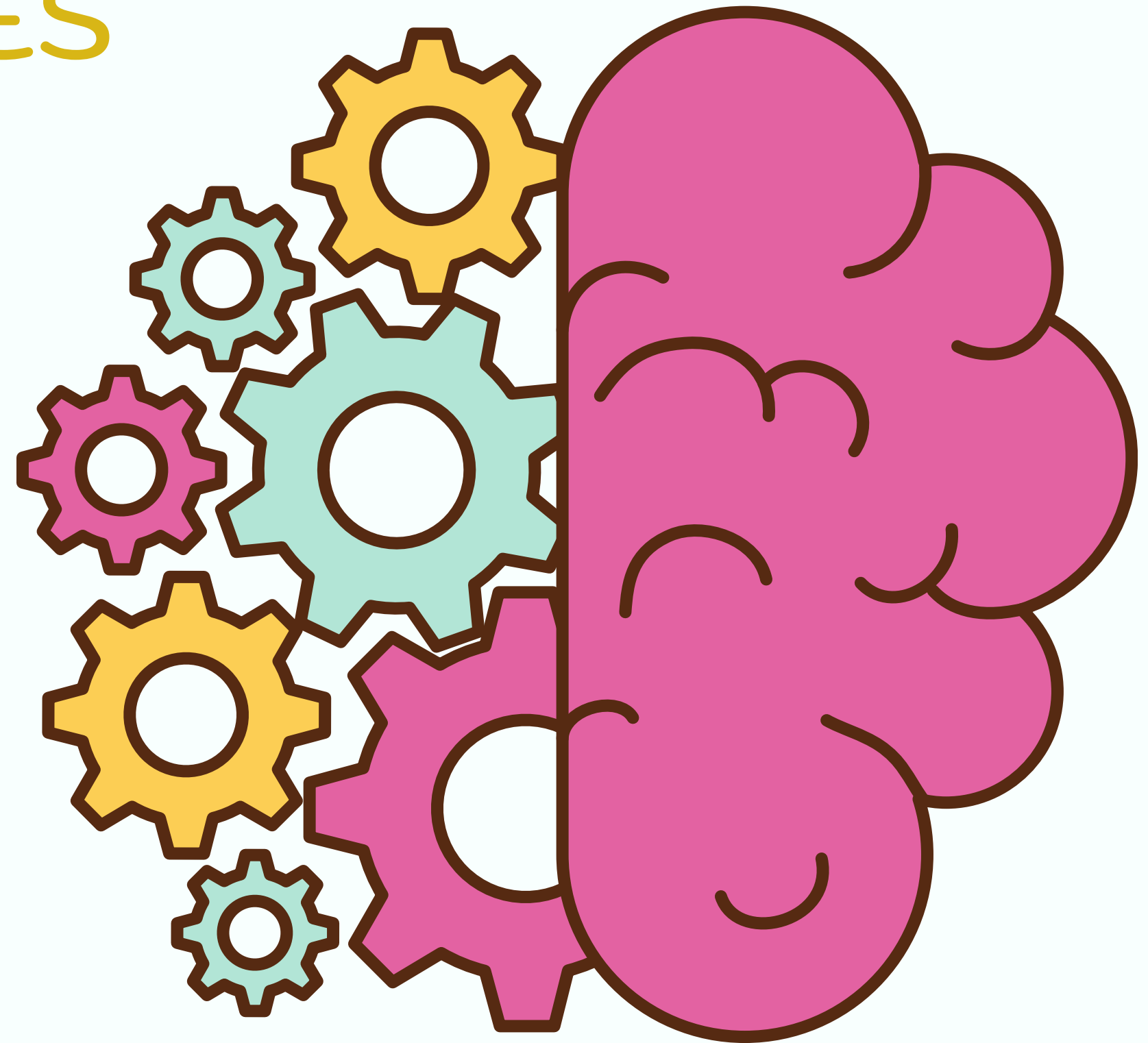
The ability to read and respond to subtle behavioral cues

OBJECTIVE 2

Clear strategies for building deep connection with young people

OBJECTIVE 3

Practical tools for turning challenging situations around



TIMELINE

DAY 1

Build group connection and introduce core concepts of NLP, creativity, and behavior patterns.

DAY 2

Develop communication skills through body language awareness, rapport building, and verbal communication techniques.

DAY 3

Strengthen problem-solving abilities, align personal and organizational strategies, and improve communication effectiveness.

DAY 4

Explore therapeutic NLP techniques, mindset shifts, and deepening of learned concepts through practical applications.

DAY 5

Reflect on learning, receive feedback, and plan future applications of NLP strategies in real-life contexts.

TRAINER



Linus Staršelskis is a certified NLP trainer and youth work expert from Lithuania. He has been conducting international training courses for youth, teachers and organizations across Europe for the past 9 years. More than that, his strength comes from theoretical understanding of psychology and practice with a variety of people including himself.

TRAINER

Vlad Grigoras has been trained in coaching and NLP by several masters and has been facilitating learning at grassroots level in various contexts from formal education in primary school and summer camp teacher in UK, English teacher in Vietnam, and facilitator of non-formal education in Erasmus+ projects.



ACTIVITIES OVERVIEW



- Meta-programs that help you instantly understand behavioral patterns
- Communication models that help you break through resistance
- Rapport-building techniques that create trust naturally
- Problem-solving frameworks that transform challenges into opportunities
- Success strategies you can replicate with different youth groups



DETAILS ABOUT PARTICIPANTS

- Age: 18-30 years
- Good conversational skills in English
- Interest in self-growth & mental health awareness
- Balancing work, life, and mental well-being
- Individuals curious about Neurolinguistic Programming (NLP) but lacking systematic exposure
- Partner Countries: Italy, Bulgaria, Slovakia, Greece, Malta, Portugal, Lithuania, Romania



VENUE



 Mama Cozonacilor



Transport



The airports that would be suitable for your travel are:

- Bucharest Otopeni (Henri Coanda)/ Baneasa airport
- Brasov - Ghimbav airport

Budget for Greece, Malta, Italy, Slovacia, Lithuania - 309 euro

Portugal - 395 euro, Bulgaria - 211 euro(green - 285 euro)

The transport from the Brasov to the venue and back will be organised by us and you will receive more details 5 days before. (Optional, will be taken 25 euros from your budget travel)

WHAT TO PREPARE

- Your own hygiene products, comfortable shoes, comfortable clothes.
- Be aware that in this time of the year can get rainy, so bring something warm and, if possible, waterproof. You can check the weather [here](#).
- Local Currency: LEU 1 EURO = 4.9 LEI approx.

PARTNERS



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APPLICATION FORM

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