

Creative Methods and Movements

for Self-Confidence and Team-Building

Innovative Tools for Embodied Leadership

Presence · Resilience · Intercultural Competence

Course Description

This practice-oriented training combines dance, embodiment, and intercultural learning to foster presence, vitality, and resilience. Participants will explore how movement, rhythm, and creative methods can open new pathways for self-awareness and social interaction. The course provides innovative tools for team facilitation, leadership, and creating inclusive, diversity-sensitive learning environments.

It is designed for professionals in vocational and adult education, youth and social work, arts and cultural education, and anyone seeking to enhance their leadership and pedagogical skills in an international context.

Target Group

- Teachers, educators, coaches, trainers, and therapists
 - Open to all bodies and levels of movement experience
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Dates & Focus Themes

The two weeks can be booked independently, while maintaining a coherent learning trajectory:

- **16–23 July 2026:** Communication, Energy & Focus
 - **3–10 September 2026:** Body & Group Phases
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Week 1 – Communication, Energy & Focus

Theory: Ritual and language as tools for transformation

Participants explore how words, symbols, and embodied rituals foster belonging and personal growth. Through reflection, dialogue, and movement, communication becomes an energetic, creative act of connection.

Practice: Dance of Liberation and Pride

A physical exploration of empowerment and inner alignment. Participants connect individual expression with the collective energy of the group.

Week 2 – Body & Group Phases

Theory: Health-oriented movement and group dynamics

Participants develop strength, flexibility, and body awareness holistically. Emphasis is on somatic integrity, emotional safety, and understanding group processes as integral to ritual learning.

Practice: Dance of Desire and Pain

A journey into the body's memory. Through rhythm, repetition, and breath, participants experience transformation and cultivate trust within the shared group space.

Learning Objectives

By the end of the course, participants will be able to:

- Reflect on their presence, role, and vitality
 - Apply strategies to enhance resilience and self-awareness
 - Expand intercultural competence and diversity sensitivity
 - Develop leadership skills and personal growth
 - Use creative methods for team building and facilitation
 - Design inclusive, supportive, and appreciative learning environments
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Methods

- Ritual Dance Pedagogy (movement, voice, rhythm)
 - Body-oriented exercises for presence and resilience
 - Interactive group work and peer learning
 - Creative group facilitation tools
 - Reflection rounds and supervision
 - Case studies from participants' professional contexts
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Course Format

- **Duration:** 8 days per week (30 hours of training + peer exchange)
- **Languages:** English, German, French, Spanish, Portuguese
- **Group Size:** 8–15 participants

- **Certificate:** Certificate of participation with detailed learning outcomes
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Sample Daily Schedule

- **09:00** Breakfast
 - **10:00–13:00** Movement workshop with dance, voice, rhythm, and live music
 - **13:00** Lunch and time in nature
 - **16:00–18:00** Workshops
 - **18:30** Dinner
 - Optional evening program or self-organized activities
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Location & Arrival

The course takes place in **Salzwedel**, about 150 km from Hamburg and 180 km from Berlin. Participants can arrive via Berlin or Hamburg airports and train stations, with easy train connections to Salzwedel.

A pick-up service from Salzwedel station is available upon request—please provide your arrival details in advance.

Costs

For staff from **KA1-accredited organizations**, all costs—including course fee, cultural program, shared accommodation, full board, and travel—are fully funded by **Erasmus+**.

👉 [Register Here](#) 👈