

Report of Gagauzian Youth Leadership Program (GYLP)

Spring School: Personal Development

March 18 -23, 2019

A two-day course on Personal Development was a key point for the entire weekly spring school. This course allowed the children to open up, get to know themselves and understand exactly what goals they should set for themselves, and the most important, how to achieve those results which will help them in their further development as an individual.

Local trainer Radion Velchev presented a task for the GYLP team - “DISC - model required for personal development”. DISC considers behaviors and behavioral preferences. Thus, the guys were able to find out what type of character they belong to (dominants, performers, people influencing others, or permanent), because their awareness about themselves helps to reveal talents and establish constructive relationships. Belonging to different behavioral types can also cause misunderstandings and conflicts.

One of the most significant exercises for the GYLP participants was “Writing a letter to your future self”. With a special approach, foreign expert Jakub Uhlík explained how this exercise will help them in the future. Young leaders had the opportunity to look into their future, by identifying certain goals that they want to achieve in 10 years. Each member of the GYLP was recorded on a video that Jakub Uhlík will send to their mails in 5 rather than 10 years, in order to remember their ideas and those that they had not yet realized so they could reach them in the remaining time period.

As future leaders of Gagauzia, the trainers provided material on Coaching and Mentoring - basic knowledge for the further resolution of various tasks that will arise before the GYLP participants. The task of mentoring and coaching — the ability to learn — is the inherent quality of a leader — that is what our program is aimed at.

What do GYLP members think about this training?

«The personal development training showed me my flaws and my positive sides, and this helped me to realize in which direction I should work on myself. Coaches asked questions that we ourselves were afraid to ask ourselves, but thanks to them, now I can understand what I

should work on in order to become a successful person, not only in work activities, but also in relationships with people», said Roman Yanchioglo.

«Training on personal growth was quite interesting and “eco” in terms of content. Me, as a participant, liked how the traibers worked actively with the audience and received feedback, each of us studied ourselves. This was especially felt by passing the personality test. Hopefully, in 5 years we’ll see the video we’re seeing on the mailbox», shared Ilya Nikitov.