



# PROJECT NEWSLETTER 2

## FEBRUARY 2024

### Our activities and events

As our LDSkills4You tool is finalized all partners are organizing Try Out and presentation events. If you are a practitioner working with young people and you want to take part in one and provide us your feedback, please contact your country organization below for the next opportunity.



#### AUSTRIA

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#### HUNGARY

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Click on the logos to access the contact emails



*Find it here!*

### LDSkills4You Competency Grid

This is a special tool designed for your daily practice in youth work. It shall help you to identify knowledge and skills level of the young people you are working with. It works exactly for the areas which we already defined for our tool.

Thus, you can find a Personality Framework, a Physical and mental fitness Framework, a Selfmarketing Framework and a financial and material resources Framework.

Each Framework helps to evaluate different skills of this area on levels from beginner to expert.



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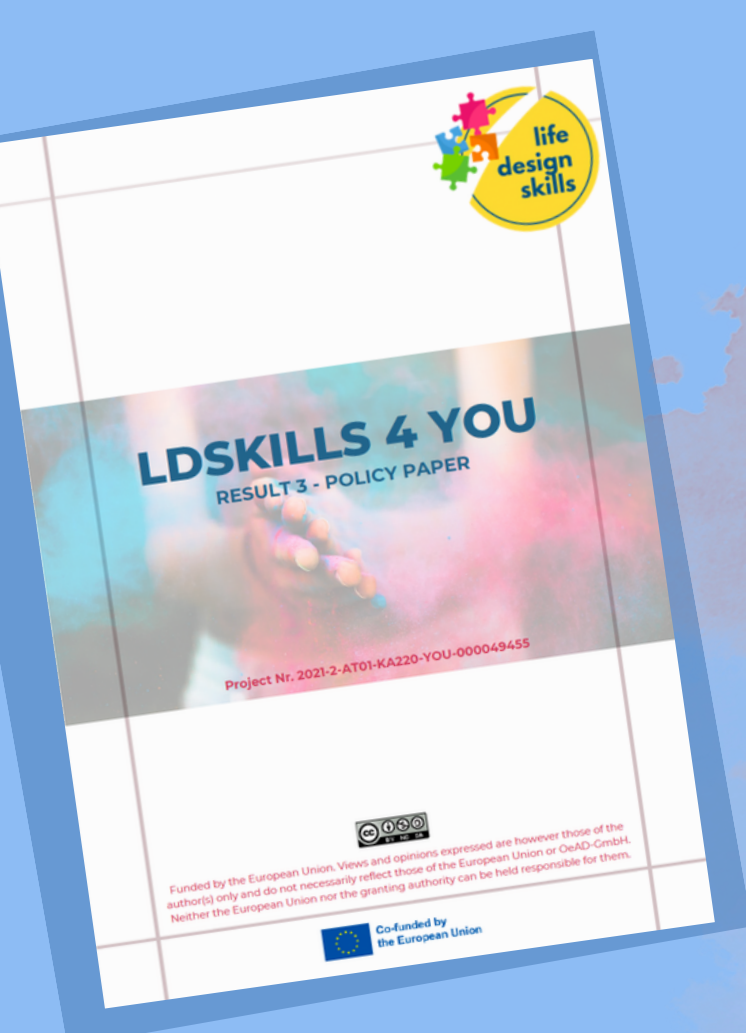
## JANUARY 2024

Explore the Competency Grid

life design skills	Selfmarketing			
	Beginner	Intermediate	Advanced	Expert
My self-image and the one the others have about me	I lack confidence in showcasing my skills in public. I may downplay achievement or skills.	I become aware of the importance of a positive money mindset. I view money as a tool for achieving goals and creating opportunities. I start to be able to manage	I demonstrate a positive money mindset. I view financial challenges as learning opportunities. I understand well advanced financial concepts I may have a	I master a positive and empowering money mindset. I have a deep understanding of complex financial instruments and strategies, as well as economic trends and

life design skills	Personality Framework			
	Beginner	Intermediate	Advanced	Expert
Knowing myself	I have a limited awareness of my personal strengths and weaknesses. I struggle to identify unique skills or positive qualities and to avoid talking about areas for improvement. I need the others to	I am able to identify key strengths and skills but also weaknesses. I am aware of the fact that certain strengths can contribute to my personal success.	I am aware of my personal strengths and of the different levels of development. I manage to use my strengths in the right contexts and in the right way. I am aware of the impact of strengths on	I exploit most of my personal strengths and I integrate them into a comprehensive life strategy. I accept my weaknesses and demonstrate the

life design skills	Physical and mental fitness			
	Beginner	Intermediate	Advanced	Expert
Mental resilience	I struggle to identify and understand my personal stressors. I do not know specific strategies to face challenges and I have rather tendency to use avoidance or denial as primary coping mechanisms. It takes me time to get relieved from stress after challenges	I recognise personal stressors and the impact they have on my wellbeing. I recognise the importance of seeking support and use external resources. I demonstrate a willingness to learn	I actively seek knowledge and resources to develop my mental resilience. I master different coping strategies and I demonstrate consistency in applying healthy coping methods. I consider challenges	I integrate mental resilience principles into various aspects of life. I can develop my own strategies for specific needs. I can inspire and guide others in developing a resilient mindset.



Read more



### Policy Paper

Also, our policy paper is finalized. It aims at improving the practice of youth workers and help them using the method and the project approach. In this way it provides insights in the basics of the method, points out the advantages of the method, but also potential implementation and for further use in youth work.



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