

OUTDOOR TRAINING PROGRAMME

Day 1 – Introduction

Day 2 – Emotional connection and communication with dogs

Day 3 – Developing emotional awareness. Psychological resilience, sources of motivation and stress management methods

Day 4 – Cooperation and leadership

Day 5 – Foundations of wellbeing

Day 6 – Experiential hike

Day 7 – Experiential hike

Day 8 – Self-presentation and public speaking

Day 9 – Setting personal goals, actions and desired outcomes

Day 10 – Reflection, personal growth and career planning

The programme consists of **10 days of experiential topics** and **5 additional days** dedicated to applying the acquired skills through practical activities in the park.