

Creative Methods and Movement for Self-Confidence & Team-Building

Innovative Tools for Embodied Leadership & Intercultural Competence

What if professional development began with the body? With your own body. This unique Erasmus+ training course in Germany offers an immersive learning experience. More than a course, it is a transformative group experience that nourishes both professional skills and personal vitality.

Who Is This Course For?

- Teachers and educators
- Trainers and facilitators
- Coaches and therapists
- Youth and social workers
- Arts and cultural professionals
- Anyone working with groups or leading people

No previous dance or music experience is required. Every body, age, and level of movement experience is welcome.

Learning Outcomes

Participants will develop:

- Embodied leadership skills
- Greater presence, vitality, and confidence
- Team-building and facilitation tools
- Mental health and resilience strategies
- Social and intercultural competence
- Diversity-sensitive communication skills
- Methods for appreciative and inclusive learning spaces
- Practical tools for self-awareness and motivation
- Strategies for sustainable group development

Methods

The course is based on Ritual Dance Pedagogy, a scientifically grounded method developed through many years of international practice, teaching, and research. It combines:

- Embodied Learning
- Body Awareness & Inner Guidance
- Live African Music for grounding, orientation & co-regulation
- Dialogical Improvisation
- Mutual Witnessing, Appreciation & Constructive Confrontation
- Self-Responsible Communication
- Trauma-sensitive Facilitation
- Bioenergetic Release Techniques
- Relaxation & Integration
- Group dynamics, reflection and peer learning
- Intercultural exchange and experiential learning
- Transfer tools for professional application

Live African Music is an integral part of the learning process. It is actively co-created with the group and supports grounding, orientation, co-regulation, connection, and shared rhythm.

Participants receive high-quality handouts with clear concepts, exercises, and facilitation tools to support long-term implementation in schools, organisations, workshops, therapeutic settings, and social contexts.

Trainer

Stephanie Bangoura — dancer, dance pedagogue, Gestalt therapist, and founder of Ritual Dance Pedagogy®, with over 30 years of international experience in dance, embodied learning, group facilitation, and intercultural education.

More Than a Course – An Immersive Learning Experience

We work in a beautiful seminar room with a wooden floor, surrounded by nature. Organic vegetarian meals support the learning process and overall wellbeing throughout the week.

Informal exchange with professionals from music, dance, therapy, and pedagogy, jam sessions, and evening gatherings around the fireplace create a living learning community where connection and inspiration continue beyond workshop hours.

Participants often leave with new professional tools as well as renewed energy, clarity, confidence, and a stronger sense of focus and purpose.

Course Format

- Duration: 8 days / approx. 30 training hours + peer exchange
- Start: 6:00 PM – Welcome Dinner
- End: 9:00 AM – Breakfast
- Languages: English, German, French, Spanish, Portuguese
- Group size: 8–15 participants
- Certificate: Detailed Certificate of Participation

Daily Rhythm

- 08:00-9:00 Body & Soul
- 9:00 Breakfast
- 10:00–13:00 Movement workshop with dance, rhythm, voice & live music
- 13:00 Lunch and time in nature
- 16:00–18:00 Workshops, reflection, theory, transfer
- 18:30 Dinner
- Optional evening programme, music, exchange, relaxation
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Location

Ecovillage Bunte Vier, Salzwedel, Germany

A peaceful countryside setting between Hamburg and Berlin, ideal for focus, regeneration, and community learning.

Shared accommodation supports connection and the team-building process.

Arrival via Hamburg or Berlin airports with easy train connections to Salzwedel. Pick-up from Salzwedel station is available on request.

Erasmus+ Funding

For staff from KA1-accredited organisations, Erasmus+ grants cover:

- Course fee
- Accommodation
- Full board
- Travel costs

Self-paying options are also available. Just ask!

Why Join?

This course invites you to learn through movement, connection, rhythm, reflection, and real human encounter.

Gain pedagogical tools you can immediately apply in education, leadership, coaching, therapy, social work, and team development — while experiencing a week that strengthens both your work and your whole being.

Professional development that is alive, embodied, and deeply meaningful.