



This will be our training room!

*'Overcoming Empathy Fatigue in Youth Work
- Approaches in self-care for Youth Workers.'*

Tuesday 7th April - Monday 13th April 2026

Castlebaldwin, Co Sligo, Ireland.

*'Exploring and experiencing the value of mindfulness and self-compassion in
your work with children and young people.'*



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Welcome



Dear Applicant,
We are happy to invite you review this information before applying. You then can apply to participate using the 'apply here' button near the end of this info pack.

Let us share some useful information:

1. Dates and Application
 2. Goals and Objectives
 3. Participant's profile
 4. Program
 5. Accommodation and Venue
 6. Facilitators
 7. Travel budget - Reimbursement of travel costs for participants
- Appendix: Travel Options

1 Dates and Application

Arrival day – 7th April 2026

Programme days – 8th to 12th April 2026

Departure day - 13th April 2026

Application Deadline: 05/03/2026



View of the fruit and veg garden at Brú Moytura

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Goals and Objectives

'MCE will not smooth out the rapids and shallows of your work with children and young people, but it helps you to steer your professional boat with presence, more composure and self-friendliness.'
Jörg Mangold

Empathy fatigue, burnout and stress can often be a part of work life especially for those who work with others such as children and young people where taking care of others is central to a wide range of work objectives. Mindfulness, self-care and compassion are of particular value to anyone working with children and young people and in this caring for their development. These pillars can offer an effective antidote to stress, empathy fatigue, insecurity and the pressure to carry out the work consistently in a sometimes intense highly emotional environment. In this programme you will be joined by participants from Ireland, Austria, Hungary and Italy in a shared experience of exploration, practice and learning towards a shared goal.



This programme offers a strong introduction to training in mindfulness, self-care and self-compassion specifically for child youth and social workers (volunteer or paid staff) having a continuous professional relationship with children and young people. It is based on the approach “Mindful Compassionate Education” (MCE) developed by [child and youth psychiatrist Jörg Mangold](#).

The approach combines neuroscientific and evolutionary psychological principles of stress management and resilience, mindfulness, self-compassion and positive psychology as well as essential aspects of relationships and communication in these specific professional realities.

The programme is experience-orientated and offers ample opportunities to learn and deepen a new attitude regarding our relationship with work-related challenges. The content and application of MCE are geared towards everyday life with children and young people, for example in dealing with demands and efforts in relationship work, with conflicts and boundaries, but also with cultivating positivity, joy and self-care.

Ideally the course leaves you with skills and small practices to integrate this piece of wisdom into your (working) life:

*“May I have the grace to accept with serenity
the things that cannot be changed,
the courage to change the things that should be changed,
and the wisdom to distinguish the one from the other.”*

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Participants profile

Pre-Condition of participating

Self - Consideration of your current state of mental wellbeing and emotional stability

Have a good command of the English language, enough to follow course content and allow participation

Prepared to participate, work and relax in a communal, group environment in which you will be required to share with others including sleep accommodation with others (male & female) as well as respect and work with others in the group environment.

You are required to participate in the gathering of key learnings from your participation in the project including completing an online survey to outline your learning on completion of the programme - NOTE: reimbursement of travel costs is contingent on completion of the survey

You are required to complete Youthpass on completion of the programme

- Youth workers and Social Workers (Social Pedagogues and Mental Health Professionals) – be it voluntary or paid – having a continuous relationship with young people
- Professionals working e.g. in Childcare Early Years Services, Youth Centers, Foster Homes, Youth welfare structures, Out-of-school Services, education programs and initiatives

This course may benefit you...

if you find yourself regularly (emotionally) exhausted at the end of the working day.

if you find it difficult to distance yourself from work or from individual stories of the young people you are working with.

if you find it increasingly difficult to empathize with the young people.

if you find yourself repeatedly being overly self-critical about your work performance.

if you feel like being in a hamster's wheel (doing a lot with little result).

This course is designed as a personal capacity building.

The methods used in the course are for your own personal use and should not be brought from your participation in the programme into direct work with children and young people.

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Programme

The course methods include mindfulness-based practices.

You do NOT need to have any prior experience with mindfulness or meditation. Nevertheless, it is helpful to be genuinely open to the potential of such practices. The practices in the Mindful Compassionate Education program do all come out of secular programs such as MBSR (Mindfulness-based Stress Reduction), MSC (Mindful Self-Compassion) or MCP (Mindful Compassionate Parenting).



One of the many spaces for reflection at Brú Moytura

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Accommodation and Venue

Venue: Brú Moytura Ecolodge, Corlisheen, Castlebaldwin, Co Sligo.

F52 D290 (10 minutes from Castlebaldwin Village, overlooks Lough Arrow and is nestled in the heart of Sligo's cairn topped mountains).

<https://www.brumoytura.org/>



Accommodation & Food:

Rooms sizes vary. Sharing is required.

2x double rooms

3 x dorms

a. with a double + a bunk + a single bed

b. with 3 x fitted single beds and 2 x normal single beds

c. an eerie with 2 x bunks (above the central circle with a 360 view of the surrounding hills)

9 x sleep pods around the central circle

Please note: There are two toilets within the building, one outside and a sink only in each double and in two of the dorms. There is a separate shower zone with 2 x solar heated rainwater showers.

You are going to be provided food (breakfast, lunch, dinner, (and some snacks) and shared accommodation for the whole period of the training. Participants need to be prepared to share living/sleeping quarters with other individuals both male and female.

After the selection of the participants, you will be provided with further information about the proposed schedule for the programme and the living/sleeping arrangements.

For information on travel options of how to get to the venue. Please see appendix travel options.

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Facilitators

Peter HOFMANN:

More than 20 years of experience in facilitation and training work. Most of the time in the context of international youth work, education and civil society. For more than 10 years as a mindfulness facilitator, trained in many programmes including Mindful Compassionate Parenting and Mindful Compassionate Education. More information: www.limina.at and www.mindfulparenting.at



Paola BORTINI:

More than 20 years of experience in coaching, facilitation and training work. Certified teacher in Mindful Self-Compassion and teachers' trainer. For more than 10 years as a mindfulness facilitator, trained in many programmes: Mindful Compassionate Parenting, Mindful Compassionate Education and Mindful Positive Living. More information: www.limina.at and www.mindfulparenting.it



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Reimbursement of travel costs for participants and the travel budget

Only Vouched Travel costs (proof of all travel costs must be submitted to Leitrim CCC – receipts/bus tickets etc.) will be reimbursed up to 100% if you manage your travel within the **allocated budget**.

Please keep in mind that only direct travel costs between your “home location” and the venue of the event – Brú Moytura- can be reimbursed (private travel cannot be financed by the fund).

Travel costs will be reimbursed only for the cheapest way of transport. Please, take into consideration eco-friendly types of transportation. We can’t cover taxi costs.



You are entitled to the full reimbursement of your travel (up to the maximum allowed) if you present valid proof of the BILLS/INVOICES and the TICKETS themselves, including the BOARDING PASS to Leitrim County Childcare Committee.

The allocated travel budget is calculated by the Distance Calculator.

1. Travel

Travel distances	Green travel – Amount per participant	Non-green travel – Amount per participant
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR
8000 km or more:	1735 EUR	1735 EUR

The travel distance represents a single way distance from the place of origin to the venue, whereas the amount covers the contribution to the return travel to and from the venue. For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total.

[You can also check the distance calculator by clicking here.](#)

Travel cost reimbursement will be done via bank transfer to your sending organization (who will reimburse you accordingly - once all your documents have been approved and the amount confirmed by Leitrim County Childcare Committee). Please submit all your travel expenses together in one submission to Leitrim CCC while on the course. Leitrim CCC will designate a time for this during the week, remember to keep all receipts and your boarding pass!

Green travel means car sharing (but at least more people traveling by the same car), bus, train. If you are planning green travel, please let us know!



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Application Deadline:

05/03/2026

17.00

[Apply by clicking HERE!](#)



Any questions, please feel free to contact us.

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Our partnership!



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Appendix: Travel Options:

Venue: Brú Moytura Ecolodge, Corlisheen, Castlebaldwin, Co Sligo F52D290. (10mins approx outside Castlebaldwin)

Travel Direct from Dublin Airport to Castlebaldwin: (*Recommended*)

<https://www.expressway.ie/dublin-airport-services>

Dublin Airport Bus to Sligo: Expressway Route 23, Where: ZONE 13 Stop 9 Book ticket for Destination: Castlebaldwin

The journey takes about 3hrs 15mins depending on the service.

Travelling from Dublin City to Castlebaldwin 2 Options:

Dublin Bus Station/Dublin Busúsaras: Take Route 23 Bus to Sligo stops in Castlebaldwin (*Recommended*)

Or

Train Connolly Station: Take the Sligo Train – Depart at the Carrick-on-Shannon:

In Carrick-on-Shannon you need to walk 15mins to a bus stop Coffee Shop/Cryans Bus Stop: Opposite Landmark Route 23 Bus to Sligo: Book ticket to Depart from bus in Castlebaldwin (*Morrisons Grocery*). Approx. 27-30 mins duration.

Traveling from KNOCK Airport to Castlebaldwin:

Travel into Sligo Bus station Route 64 – Change Bus – Route 23 Sligo to Dublin - to travel to Castlebaldwin

Take Bus Route 64 Knock Airport to Sligo Bus Station (**Limited times available*)

Then take Bus Route 23 Sligo to Dublin Bus Station - Depart Castlebaldwin (*Morrisons Grocery*)

Links for Bus Timetables & Connolly Train Station:

[Bus Timetable Route 23: Includes Dublin Airport – Sligo Route & Dublin Bus Station \(Dublin Búsaras\) to Sligo: Depart Castlebaldwin stop](#)

Bus Route 23: Dublin/ Dublin Airport to Sligo: **Depart in Castlebaldwin**

Bus Route 64: Knock Airport to Sligo Bus Station: [Ireland West Airport \(Knock to Sligo Bus Station Timetable\)](#)

Connolly Train Station to Sligo: [Connolly Train Station to Sligo Timetable: Depart Carrick-on-Shannon](#)

Take the Sligo Train & Depart train in Carrick on Shannon –Walk approx. 15mins to Bus Stop to get Bus Route 23 to Sligo:

Depart in Castlebaldwin (*Morrisons Grocery*)

On arrival in Castlebaldwin contact Olivia +353 83 0201483 or Tommy on +353 85 8818899. Safe Travels!



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