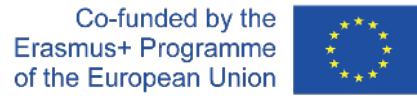


# ROAD to FREEDOM Erasmus+ Project



## WELCOME TO the FROG-training in Iceland

September 5<sup>th</sup> – September 14<sup>th</sup>

This welcome letter will hopefully leave you excited and ready to start your training to become a FROG-trainer! A program that will have a positive effect on your personal life and a great impact on all the people you will lead through your own FROG-programs!

Vera & Hanne, from lyk-z, are very excited to be your FROG-instructors and lead you safely through this certification course!

Are you new to the Road to Freedom-project we encourage you to read the "Updated Prerequisites FROG-trainer" document your Project Manager has received.

### About the FROG Leadership & Life Mastery program

- The original FROG Master program is a 7-week Leadership and Life Mastery program developed by Ingeborg Lykseth of lyk-z & daughters, Norway.
- The award-winning FROG Master program has been developed over several years and tested in several different languages with young people from many nations. It has been delivered as a finished concept for over 12 years now.
- The FROG program is based on neurophysiology, how the brain makes conscious and unconscious decisions. It is based on communication techniques from media studies because live sound and images are still the strongest tools we have, to communicate a

message. It is also based on cognitive principles, co-active coaching (a professional form of conversation that brings out your hidden qualities and values), and traditional leadership training.

- The Master Program is divided into 5 modules: Vision, Identity, Communication, Impact, and the Big Leap.
- The program is delivered as a group process. Ideal with 10-15 participants, and always in a co-leadership.
- **Based on the Master program lyk-z have tailormade a 5-day program specifically for the Road 2 Freedom (R2F) target group.**

## About the certification program in Iceland

Below are some bullet points for you to check in on so you are as ready as can be to get the most out of the training:

- We all carry a backpack full of experiences from a life well lived (so far). The backpack is filled with tools, life learnings, norms, memories, patterns and much more. We encourage you to leave as much of the backpack as you can at home. Encourage your mind and body to come to the training with an open mind, ready for new learning.
- Talk with your leader to be as free from other responsibilities at work as possible during these 8 training days. The course days will be full, intense, social, and fun.
- You can expect Homework assignments every day that are in line with the program and your own personal focus points.
- The first 5 days of the program will reflect the 5-day program you will lead (plus a couple of extra exercises just for you to make you great FROG-trainers).
- **You are participants the first 5 days.** We want you to experience the exercises hands-on and feel the effect the process has on you personally; this is the only way to achieve understanding of the method (hence: leave the backpack at home)
- The last 3 days of the program will be for you to practice being FROG-trainers in a co-leadership.
- There will be room for questions at the end of each day
- Lyk-z has developed a set of Guidelines for FROG-trainers. You will be well acquainted with all of them by the end of the program. The guidelines are there for every FROG-trainer to use and lean on when challenging situations in the FROG-room arises.
- Bring your own water bottle every day – your brain will thank you 😊  
Coffee and tea will be available for everyone at the training location.
- Bring a notebook for reflections, questions, and notes
- **As a reminder when it is your turn to lead the program; the 5-day program shall be delivered as it is made 😊**
- The certification program in Iceland will be from **9am – 5pm** every course day at the location presented by Atli. We will have 2-3 small

breaks throughout the day, as well as a 1-hour lunch break at approximately noon every day.

## Meet your FROG-instructors

- **Vera Lykseth** is a certified professional co- active coach (2018), FROG instructor (2013) and authorized nurse. Her main job is to lead FROG-programs and workshops for the target group youth at risk, to certify new FROG-trainers and coach individuals. She is also responsible for the follow up of customers and participants, she writes texts and updates the company's SoMe. A key word in a lot of Vera's work is initiation, and how to help others generate their own motivation and vigor.
- **Hanne Marie Bratsberg** is a certified professional co- active coach (2018) and FROG-instructor (2014). Her main job is to lead FROG-programs and workshops for the target group youth at risk, to certify new FROG-trainers and coach individuals. She is also responsible for the follow up of customers and participants. Hanne is also a trained creative facilitator with a MSc degree in Creativity & Change Leadership from SUNY Buffalo, USA.

Vera and Hanne **each** have over 2200 hours of experience in leading group processes with the target group youth at risk.

**Vera** (left) is known for her enthusiasm!  
**Hanne** (right) is known for her calm presence!

Please let us know if you have any questions before the start of the certification program 😊

We are very excited to get to know you during the program, as well as on our days off during the weekend exploring Iceland together 😊



All the best,  
**Vera & Hanne**

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