READY Online Community Platform: User & Moderator Handbook
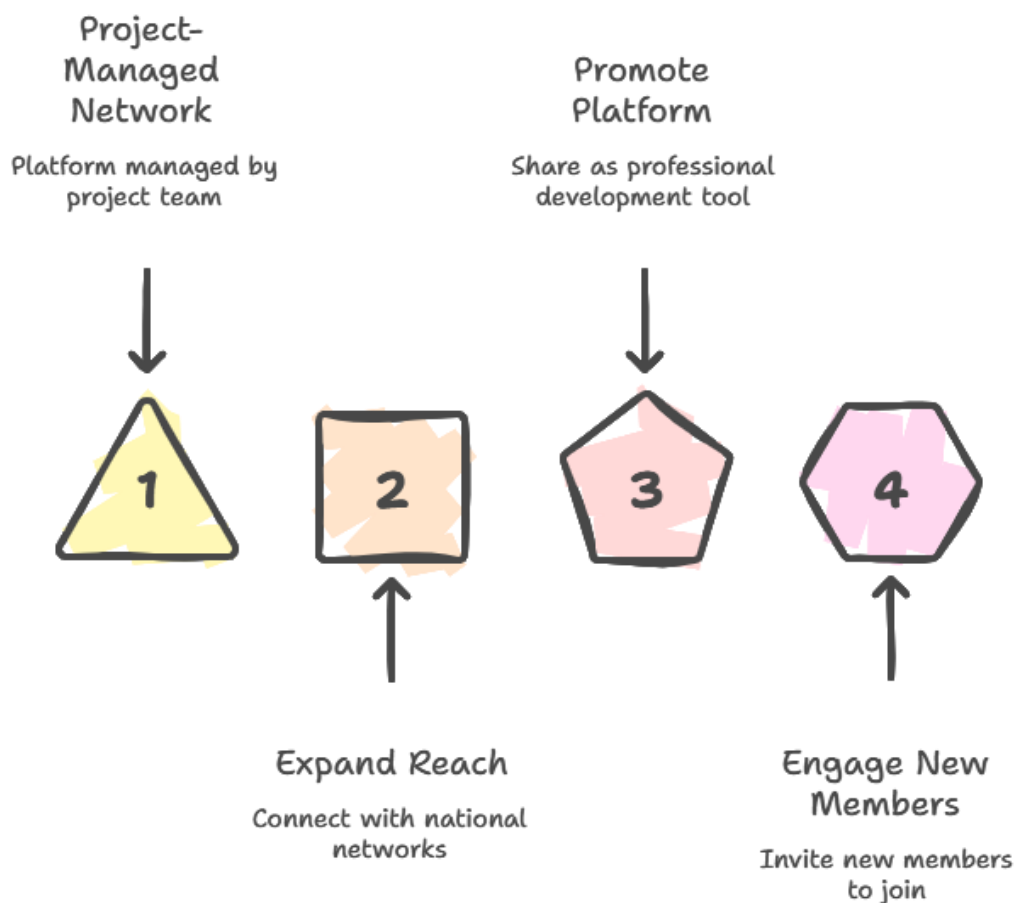
Welcome to the READY Community!

This handbook is your guide to using our shared online space. It's more than just a website: it's a growing Community of Practice for youth workers across Europe who use the READY approach to help young people feel grounded, focused, and ready to engage.

This platform was built by youth workers, for youth workers. Partners in Ireland, Sweden, and Slovenia, with support from techie volunteers, designed and tested every feature. We listened to feedback from practitioners like you to make it simple, useful, and engaging.

Whether you're here to find a new activity, ask for advice, or share your success story, this handbook will show you how to make the most of the community.

From Project to Practitioner-Led Movement

Project-Managed Network
Platform managed by project team
1

Expand Reach
Connect with national networks
2

Promote Platform
Share as professional development tool
3

Engage New Members
Invite new members to join
4

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Part 1: Welcome to the READY Approach & Our Community

Why READY Works

Many young people, especially those facing disadvantage, arrive at our sessions carrying stress, distraction, or emotional baggage. The READY approach gives us a practical toolkit, blending Restorative Practices (for building trust and voice) with Yoga-based techniques (for calming the body and mind) to help them find a state of "readiness" first. This isn't an add-on; it's the essential first step that makes all other youth work more effective. Youth workers from Dublin to Karlskrona to Ljubljana have seen sessions become more focused, groups more cohesive, and young people more engaged.

Why This Online Space Exists

Our training courses (and the READY Summer School in Veduna) showed us the power of bringing practitioners together. This platform exists to continue that conversation. Here, you can:

- Discuss Key Learning: Stuck on how to adapt a grounding technique? Ask here.
- Share Best Practice: Found a way to make your check-ins work with a harder to reach group? Tell us!
- Come Up with New Ideas: Have an idea for a new mindfulness exercise? Share it and get feedback from peers across Europe.

This is your space to connect, learn, and grow your practice with colleagues who understand the unique challenges and joys of this work.

Part 2: Getting Started & Navigating the Platform

Website: www.readyproject.eu

The site has two main areas:

- The Public Website: For everyone. Learn about the project, download the free READY Toolkit and other resources and catch up on any partner updates.
- The Members' Section (Our Community): Your private, professional network. This is where the magic happens.

How to Access the Members' Section

Go to www.readyproject.eu.

Click "Login" in the top right menu.

If you're new, click "Register". You'll need your name, email, organisation, and country. This quick step keeps our space safe and confidential for practitioners.

Once approved (this is usually within 24 hours), log in with your details.

Your Community Dashboard

After logging in, you'll see your Dashboard. This is your control centre.

Your Groups: See the country and thematic groups you've joined.

Latest Activity: A feed showing new discussions, resources, and member posts.

Quick Links: Shortcuts to create a new post, upload a resource, or manage your profile.

Part 3: How to Use the Core Features (A Step-by-Step Guide)

A. Joining and Participating in Groups

We have two types of groups to help you connect:

1. Country Groups: For local connection and discussion in your language (Ireland, Sweden, Slovenia).
2. Thematic Groups: For topic-based discussion across borders (e.g., "Restorative Circles," "Mindfulness Tools").

To join a group:

Scroll through "Groups" in the main navigation.

Browse the list. You are automatically added to your country group.

Click on any thematic group that interests you and hit "Join Group."

To post in a group:

Go into the group.

Click "Create New Post".

Add a title, write your question or idea, and click "Publish".

Example Title: "Help with a restless group of 14-year-olds?"

Example Post: "I tried the Chair Yoga session today, but they didn't settle. Does anyone have a grounding technique they could recommend for this age?"

B. Sharing Resources and Materials (The "Resource Library")

Found a great video? Made a handout? Share it with everyone!

Click on "Resource Library" in the main menu.

Click "Add a Resource."

Fill in the details:

Title: E.g., "Video: 5-Minute Chair Yoga Sequence"

Description: Explain what it is and how you used it.

File: Upload your PDF, image, or video file.

Tags: Add keywords like "yoga," "quick activity," "video."

Click "Submit." It will now be searchable by all members.

C. Inviting New Members (For Group Moderators)

Growing the community is key! To invite trusted colleagues:

From your Dashboard, find the "Invite New Members" tab in the Members Section.

Enter their email addresses. They will receive a personalised invitation to register.

Pro Tip: Use this after local trainings or workshops to bring your whole team on board.

[Note: This is only for those with full admin rights within the partner organisations]

Part 4: For Moderators: Building & Sustaining Your Group

As a partner or nominated "READY Champion" within your organisation, your role is to nurture the conversation.

Setting Up a New Group

See a need for a new discussion area? (E.g., "READY in Schools").

From the "Groups" page, click "Create Group."

Choose a name, description, and set the privacy (we recommend "Closed – visible, join by request" for thematic groups).

Customise with a cover image. You are now the group admin.

Best Practices for Facilitation

Add Questions Regularly: If possible, post simple prompts in line with your groupwork. E.g., "What was your best 'check-in' question last week?"

Highlight Success: See a great member post? "Like" it and comment to encourage more.

Be Responsive: Try to answer questions within your group within 48 hours. If you don't know, you can say, e.g. "Great question! Has anyone from Slovenia tried this?"

Share from Real Life: Regularly post short case studies, photos (without identifying young people), or audio clips from your sessions.

Example of a Successful Thread

Add this group

Title: [Sweden Group] Adapted the "Ocean Breath" for a competitive sports group.

Post: "I work with teenage footballers who saw breathing exercises as 'not sporty.' I rebranded it as 'Breath Control for Focus Before a Penalty.' It worked! They competed to see who could breathe the calmest. Here's my simple script."

Result: 12 comments from Ireland and Slovenia, with youth workers sharing how they might adapt it for drama groups and music sessions.

Part 5: Our Sustainable Future: A Growing Community of Practice

This platform is the foundation for our community's long-term future. Our goal is to move from a project-managed network to a self-sustaining, practitioner-led movement.

Expanding Reach in Each Country

We will grow by connecting with our national networks:

- Ireland: We will work to promote the platform through our local networks as well as within the National Youth Council of Ireland (NYCI) and Youth Work Ireland groups.
- Sweden: Similarly, we will work with Fryshuset and the Swedish Agency for Youth and Civil Society (MUCF) to share the platform as a professional development tool.
- Slovenia: We will continue to engage youth work organisations, including the MaMa Youth Network and Centres for Social Work to invite new members.

Your Role: Become a READY Ambassador. Share the platform in your local networks, run a short workshop using the toolkit, and invite participants to join us online.

Growing Internationally

The success of our International READY Summer School in Veduna and the READY Community Conference proved the demand for this approach across Europe. The platform is our tool to maintain those international connections.

Use the Thematic Groups for cross-border learning.

Share resources from your country that others can adapt.

We will use the platform to announce future events, like generating support and interest for a READY Conference in 2026 or a follow up READY summer school.

The Vision: A Practitioner-Owned Future

Within the next year, the most active members from each country will be invited to join a Community Steering Group. This group will guide the platform's future, plan online events, and ensure it continues to meet your needs. This is your community—we're just helping it get started.

Part 6: Troubleshooting and Support

Forgot Password? Click "Lost your password?" on the login page.

Technical Issues? Contact: [paul@nexus.ie]

Have an Idea to Improve the Platform? Post it in the "Platform Feedback" thematic group! Your input built this space, and it will help us make it even better.

Thank you for being part of the READY Community. Your practice, your questions, and your shared wisdom are what make this space valuable. Let's continue to learn, support each other, and help more young people feel ready to engage with the world.