

## How to develop self-awareness and deal effectively with the emotional dimension of motivation and learning Training for trainers and team leaders

14 - 18 November 2016

Athens, Greece

### Workshop description

Emotional intelligence is the capacity for recognizing our own feelings and feelings of others, for motivating ourselves and for managing emotions in ourselves and in our relationships. The concept of emotional intelligence is well known: every leader, communicator, trainer and every person who manages workgroups knows the importance of the emotional dimension in the processes of motivation and learning. But how to handle emotions, starting from one's own and especially in challenging situations, is not so obvious. In order to be effective in their work and advance learning and working groups, more and more professionals need to develop personal and social competences. The course is aimed to enhance these competences and help implementing the development of processes that lead to self- and social awareness and management.

### Methodology

This training, based on the concept of emotional intelligence, helps participants to deal with emotions - especially challenging emotions - both of themselves and of their clients or employees, and to improve well-being at workplaces by taking care of the copying and emotional skills through qualitative trainings.

Active learning with dialogue, interactive processing of the experiences and the analysis of concrete cases are privileged. The trainers play the role of recomposing what emerges, facilitating integration processes, learning and transformation.

### Benefits

Participants will use practical exercises and tools to achieve:

- knowledge of the emotional aspects that encourage learning and motivation
- expertise on the relation between the ability to manage emotions and achieve satisfactory results and how that affects positively the organizational climate and productivity
- development in self awareness and social competences
- help to maximize their ability to clarify the clients' and team vision, to deal with problematic emotions from another perspective
- effective communication tools provided to support them in managing difficult relations by finding alternative ways of handling emotions
- ability to move towards the individual and collective wellbeing

## Designed for

This workshop is designed for staff members of any public or private organisation active in the field of education, training and Youth, or active in the labour market, more specifically for: trainers, managers, coaches, psychologists, counsellors, OD professionals specialised in HR and in Sports area/field.

## Programme

This workshop is highly experiential and participative. It consists of short theoretical inputs, concrete exercises, and group discussions. Reflecting upon and applying each tool to your real-life cases from your everyday work, you will practise and gain new insights into your current dilemmas.

### Day 1

- Introduction to the workshop
- Ice breaking and introduction participants
- Motivations and perspectives
- Emotional intelligence
- Understanding of human emotions and behaviors
- Fundamental skills to help the others to learn and be motivated

### Day 2

- Self awareness
- Become an observer of oneself while working with others
- Listen to needs and take care of oneself
- Self confidence - self esteem
- Maintain emotional balance (master your emotions)
- Social awareness
- Observation skills
- Listen to needs and take care of the other

### Day 3

- Take care of the relationship in the group
- Group dynamics
- Mediation/Mindfulness technics
- Imagination and creativity
- Tools for change

### Day 4

- Destiny/Delivery
- Results - Feedback - Closing
- Reflecting Teams
- Important Elements - Benefits

### Day 5

- Practical implementation
- Outdoor activity
- Evaluation - Debriefing and Closing

## Instructors

**Markos Perrakis** holds a Ph.D. in Leadership Styles and their efficiency in organisations with publications in the fields of organizational psychology and coaching. M.A. in clinical Psychology, trained in Systemic Consultation, certified provider of Vocational Guidance and Professional Orientation, multilingual psychometric assessments, and coaching tools for teams and individuals in organisational, career and personality issues. He is representative of ANSE (Association of International institutions for coaching and Supervision in Europe), Scientific partner of EUMU (European Union of Small and Medium Enterprises) in Greece in fields of Strategic planning and Human capital development programmes. He is Founder and Managing Director of Fractality Organisational Development Services and ISO 9001:2008 Lead auditor.

**Manos Pavlakis** is a HR professional, Coach and a Trainer of Trainers. He holds Bachelor degrees in Greek Literature and European Culture Studies, an MA in Human Resource Management and an MSc in Political Science. His PhD thesis in the field of Adult Education (to be submitted in 2016) is dealing with the development in key competences within learning organizations. Manos has taken part in various European and international projects related to issues of adult education, group dynamics, youth mobility etc. He has a 15-year experience in the designing, implementing and evaluating educational programs and activities in the public, the private and the third sector. As chairperson of the NGO Youthnet Hellas, Manos received the European Citizen's Prize from European Parliament in 2013. He is the author of the educational material for the international e-learning project YouReCa, which was nominated the UNESCO youth label of quality and excellence in 2013.

## Date, Time and Place

Duration: 5 days  
Dates: 14-18 November 2016  
Location: Athens, Greece

## Participation Fee

The fee for this course is 670 Euros. More information on these funding criteria can be found on our [Erasmus+ Workshop pages](#).

It includes tuition fee and educational material, certificates of participation and Europasses, welcome cocktail, gala dinner, one week card for all means of transportation in the city of Athens, half day excursion to idyllic Neptune Temple at Sounion Cape (<http://en.wikipedia.org/wiki/Sounion>) in Attica seaside (or similar).

Accommodation and meals are not included in the above fee, but can be arranged by FRACTALITY at special price/low cost for half or full board, in three or four star hotels in the city center. We can always manage low prices for groups. Ask us about it!

## Pre-registration

Every interested organisation in this workshop is invited to submit a [Pre-registration Form](#).

## Application deadline

Please note that the application deadline for Erasmus+ funding is the 2<sup>nd</sup> of February 2016, 12:00 CET.

## Contact us

If you have any further questions please contact us at [info@fractality.gr](mailto:info@fractality.gr) or call us at +30210601052.