

It was splendid! Thanks for



# Erasmus+

and for our enthusiastic participants!

12-20 March 2016, Felsőtárkány, Hungary

## Training course on the ESSENTIALS OF ADVANCED INTERPERSONAL SKILLS



*The main aim of the training course ESSENTIALS was to raise the interpersonal skill of the participants in order to empower young volunteers to stand for themselves, for their organisation and for the*

*values they represent. As within the essential interpersonal skills, special focus was put to increase the young volunteers' capacities to communicate efficiently and to transfer messages in their work with their organisation, as well as to reflect and increase the self-awareness of each individual's communication style.*

*Thanks to the very positive group atmosphere and the group dynamics in general, they contributed greatly to the achievement of the aim of ESSENTIALS.*

*Just some examples from the topics we covered: active deep listening, non-violent communication, types of interaction, cooperation & assertiveness, cooperation vs competition etc.*

To get to know more about the topics, you can have a look at our flipchart photos:

[https://drive.google.com/open?id=0By4li2\\_aspVaX01LUjJuMTJHazQ](https://drive.google.com/open?id=0By4li2_aspVaX01LUjJuMTJHazQ)

You can also watch our short film:

<https://www.youtube.com/watch?v=AbJdtNUq5WU>

Hope we can meet each other again some time!