

ESSENTIALS

OF ADVANCED INTERPERSONAL SKILLS



“Essentials” is a 7-day training programme taking place in Hungary, March 2016. The aim of the project is to support youngsters in raising their employability, in improving their conscious personal development, and to develop their cooperation and negotiation skills in order to be able to speak up and stand up for young people and youth organisations; to improve their communication and lobbying techniques, e.g. when they are in discussion with policy-makers. The project also aims to provide platform for future cooperation among the participants.

Dissemination

your event back home

Day 8

departures · goodbyes

Day 7

action plans · evaluation · closing

Day 6

cooperation vs competition

Day 5

CAN · cooperation · assertiveness · N

Day 4

types of interactions · free afternoon

Day 3

feedback · non violent communication

Day 2

personal insights · deep listening

Day 1

introduction · needs · team building

Day 0

arrivals, welcome evening