



Comenius 2.1
E:BOB

Empowerment: Burn-Out-Prevention

University of Luxembourg

Seminar design Module 2

Module 2: Communication and collaboration

Aims/Targets of Module :

Communication: getting insight into some aspects of human communication using a performatory approach.

Getting acquainted with the *First Class* tool.

Cooperation: exploring resources for cooperation in the social/professional network and within the training group; creating new “zones of possibilities“ by using the *First Class* tool.

Going on with personal projects using the *First Class* tool.

Programme:

Thursday November 21st from 4 p.m. to 6 p.m.

Topic: Preparation of the modul

“Reflections under the tree”

- Introduction: Daydream
- Theoretical spot: Trees as a symbol for humans
- Individual Work: Reflection on the past month, expectations
- Exchanging in the group

Friday November 29th from 17.30 to 20.30

Topic: Communication

As the participants already got theoretical informations about communication during their initial teacher training, we choose a *performatory* approach focused on *body communication*. The workshop is conducted by a (female) clown.

Exploring aspects of communication:

- body and space,
- ways of walking, gestures, facial expressions; performing and imitating,
- the body expressions of emotions,
- congruent and incongruent communication,
- presentation of self,
- etc.

Saturday November 30th from 9.30 to 12.30

Synchronic TIC seminar

Getting acquainted with *First Class*

14.30 to 18.00

Continuation of the Friday workshop with a focus on presentation and improvisation in Stress situations

Sunday December 1st from 9:30 to 12.30

- Theoretical Spot: Flow-team-dynamics
- Analysing the personal situation

13:30 to 17:00

Continuing the work on cooperation and communication in a concrete and personalized way:

- my personal attitude towards TIC,
- my expertise, my competencies, my anxieties,
- how to handle *First Class* as a working tool?

Evaluation and projection: We decided to take supplementary day to work on coping with stress, heavy strain

March 29th 03 from 9:30 to 17:00

- Introduction to imagination techniques
- Weather report: what's new, what is going on for the participants?
- Theoretical spot on trauma-therapy
- Imagination exercise
- Case working

Learningpackage: Methods, Materials

- Working with burnout and self-efficacy scales
- Body work: In this workshop we use techniques that concentrate on the individual's body-awareness
- Imagination techniques
- Documentation: one's own process through the seminars (diary, project-box)
- Theoretical spots: They last 5 – 20 minutes and are meant to reflect on past experiences, give a frame to the exercises we do in the workshop and to make a link to their professional situation
- Individual Seminar Diary
- Handouts to the theoretical spots with bibliographical references

- Book table (Trainers' and participants')