

Timetable 7 day course Soft Skills for life

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Hello everyone!</i>	<i>Group knowledge</i>	<i>Neuroscience</i>	<i>The secrets of happiness</i>	<i>Leadership strategies</i>	<i>Working together</i>	<i>Saying GoodBye</i>
9:00-11:00		<p>Agreement and consensus matrix.</p> <p>Dynamics for introduction, understanding, trust, esteem, communication, decision-making, and cooperation.</p>	<p>Autonomic Nervous System.</p> <p>Heart Coherence.</p> <p>Competency stages.</p>	<p>Positive psychology.</p> <p>Practical dynamics of appreciative gazing.</p>	<p>Practical dynamics to improve communication, listening, respect and teamwork.</p> <p>Practical dynamics to prevent frustration, increase motivation and self-esteem.</p>	<p>Dynamics of group creation.</p> <p>Group elaboration of a creative and attractive presentation on what has been learned.</p>	<p>Sharing good practice!</p> <p>Find a partner - project</p>
11:00-11:30		BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
11:30-13:30		<p>A positive perspective on conflict.</p> <p>Exploring the concept of Provention.</p>	<p>Practical dynamics to experiment with the concepts.</p>	<p>Neurotransmitters of happiness (oxytocin, serotonin, endorphin, dopamine).</p>	<p>Practical dynamics to foster connections among students, promote a sense of inclusion.</p>	<p>Presentation of the work and sharing.</p>	<p>Evaluation & Awarding diplomas</p>
		FREE LUNCH	FREE LUNCH	FREE LUNCH	FREE LUNCH	FREE LUNCH	
Afternoon Activity	<p>16:30 - 19:30 Registration at course centre & Icebreaker dynamics</p>					<p>18:00 - 21:00 Cultural evening</p>	