



SELF-REGULATION

Understanding and regulating your emotions,
thoughts and behaviours

Autorregulação

Autorregulación

Selbstregulation

Αυτορρύθμιση

Autoregolazione

Autocontrol

Samokontrola

Auto-regulació



How do I feel today?
Can I understand the signals my body is sending me?
Do I understand my feelings?
How do I manage difficult situations?
Am I optimistic about my learning?



Activity 1:
Who am I?

Activity 2:
Crossroads



Doing training on a difficult subject can be challenging and even frustrating. It is important to recognise these emotions and stay optimistic.

When you feel overwhelmed, you need to set priorities to identify what you can and can't control, this will help to regulate your emotions, thoughts, values and behaviours.

When you are in a stressful situation, you need to recognise what you are feeling in order to respond in the best way.



FLEXIBILITY

Adapting to changes and finding new solutions

Flexibilitat

Flexibilidad

Flexibilität

Ευελξία

Flessibilità

Flexibilitatea

Felksibilnost

Flexibilitat



How do I feel when things change?
Can I change my opinions and actions when I get new information?
Am I able to change my behaviour when sudden changes happen in my environment?
Am I able to move on to a different phase in my life and still focus on my goals?



Activity 1:
Mind Stretching

Activity 2:
Navigating the change



When you start a new job you might need to learn new ways of working, and adapt to the workplace culture and new people, even if you are expert in the job.

When you are speaking with other people and you find out some new information, you might need to think about this information and maybe change your point of view.

When a new program/application/system is installed on your computer or smart phone you might need to take some time to learn how to use it.



WELL-BEING

Being healthy and happy with friends, family
and neighbours

Bem-estar

Bienestar

Wohlbefinden

Ευεξία

Benessere

Starea de bine

Dobrobit

Benestar



What are some of the things I am already doing to help myself relax?
How often do I do things that help me to relax?
When I am not ok, I know which services/people I can rely on?



Activity 1:
Recharge and relax



When you experience situations of stress or anxiety, it is important to know which activities you can do to feel better or which services can help you.

When you have free time and you want to do something healthy which will make you feel good.

When you are unsure of how to wind down, you need to know which activities help you to relax and are healthy for you and the others.



EMPATHY

To adopt other people's perspectives and to recognize their emotions

Empatia

Empatía

Empathie

Ενσυναίσθηση

Empatia

Empatie

Empatija

Empatia



Am I able to put myself in someone else's shoes?
Can I understand and respect differences like ethnicity, race, sexual orientation, religion and others?
Do I pay attention to what people want to say to me, listening carefully, looking them in the eye, with genuine interest?



Activity 1:
What if it was me?

Activity 2:
To feel through you!

Activity 3:
Touch and Tell!



When you are talking to someone that has a different opinion to you, you need to be aware of the other person's emotions, experiences and values.

When you get a negative answer from someone, it is important to understand why.

When you have conflict with someone, it is important to think about where the other person is coming from.



COMMUNICATION

Having conversations and interacting with other people

Comunicação

Comunicación

Kommunikation

Επικοινωνία

Comunicazione

Comunicare

Komunikacija

Comunicació



Am I a good listener?

Do I communicate in a good and respectful way? Can I change how I speak to different people in different places?

Am I good at understanding other people's body language?



Activity 1:

Let's communicate

Activity 2:

Managing conflict



In your job, it is important to be able to interact with your colleagues and managers. When having conversations with your friends and families, you need to be clear and assertive.

When you order food in a restaurant, you need to be clear and change how you speak to the context.

When you go to the doctor, you need to be clear and change how you speak to the context.



COLLABORATION

Working together to achieve the same goals

Colaboração

Colaboración

Zusammenarbeit

Συνεργατικότητα

Collaborazione

Colaborare

Suradnja

Col·laboració



Do I feel motivated to work with other people on activities and projects?
Do I believe that respect and equality are important when dealing with other people?
Am I able to deal with disagreements or conflict with my team members?



Activity 1:
Working together

Activity 2:
It takes a village...



When you perform a group activity in a training session, you need to collaborate with others.

When you work together on an intergenerational project, with people of all ages, for example cleaning a park, you need to collaborate.

When you discuss a common problem in a town assembly, you need to take into account everyone's perspectives and opinions to find a common solution.



GROWTH MINDSET

Learning new skills and building confidence

Mentalidade de
crescimento

Predisposición de
crecimiento

Auf Weiterentwicklung
ausgerichtete Haltung

Νοοτροπία
ανάπτυξης

Mentalità di crescita

Mentalitatea de
creștere

Razmišljanje koje
donosi rast

Predisposició al
creixement



Do I believe that people are able to learn new things and improve their skills through dedication and work?
Do I feel motivated to learn and improve my skills?
Do I see failure as a way of growing and improving my skills?



Activity 1:
What do bad experiences teach us?

Activity 2:
What is your mindset?



When you apply for a new job or when starting a activity, you can use "Growth Mindsets" to improve your skills.

When you become a parent or grandparent, you will need to learn new skills.

When you search for training to improve a skill or learning something new, you need to be curious and motivated.



CRITICAL THINKING

Coping with uncertainty, complexity, and change.

Pensamento
crítico

Pensamiento
crítico

Kritisches Denken

Κριτική σκέψη

Pensiero critico

Gândire critică

Kritičko
razmišljanje

Pensament crític



Can I tell the difference between rumours, opinions and facts?

Can I tell if new information I receive is right or wrong?

Can I find solutions to problems?

Can I find evidence to support my opinions? Can I use the evidence to make an argument if someone challenges me?



Activity 1:

Is it fact or opinion?

Activity 2:

Challenge assumptions

Activity 3:

Fake news



When you read news on the internet, you need to be able to tell if something is a fact or an opinion of someone else.

When someone tells you some stories, you need to realise if something is a fact or opinion of someone else.

When you aren't sure of your opinion on an issue, and are in two minds, you should find as much information as you can and make a decision.



MANAGING LEARNING

Thinking about and discussing how to learn best

Gestão da
aprendizagem

Gestión de
aprendizaje

Lernmanagement

Διαχείριση της
μάθησης

Gestione
dell'apprendimento

Gestionarea
învățării

Upravljanje
učenjem

Gestió
d'aprenentatge



Do I feel that I am still learning? Why?
Do I usually think about what I would like to learn? Do I know where to look for support to learn something new?
Do I usually think about what I know or I need to learn?



Activity 1:
Traffic lights

Activity 2:
Unlocking learning



When you get new equipment at home and you don't know how to use it, try it out and get some help if needed.

When you start a new job and you don't have much experience, you need to find out the responsibilities you will have, the tasks you will do and understand what you need to learn to do it well.

When you are thinking about working, travelling or studying in a different country, it is important to start learning the language, think about how you will learn it and with which support.