

# DISAWORK:

BRINGING EQ TO THE WORKPLACE



19/5-26/6



Online



## E-COURSE ESSENTIALS



**DISAWORK**

Development and Implementation of a Social Emotional Approach to the Workplace

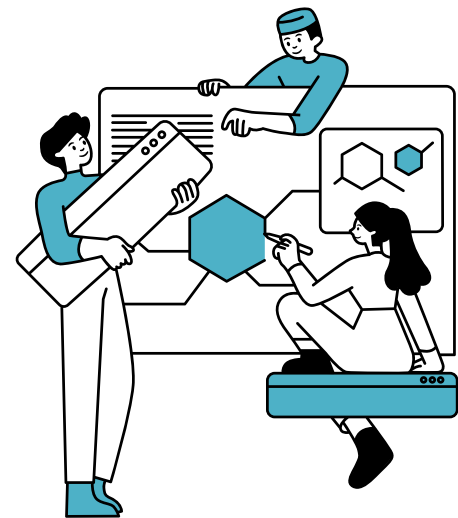
Co-funded by the  
Erasmus+ Programme  
of the European Union



# ABOUT DISAWORK

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In an ever-changing world, the job industry also changes and requires new skills that can be adapted to new contexts and needs. Emotional intelligence is widely recognised as a valuable skill that helps improve communication, management, problem-solving, and relationships within the workplace. It is also a skill that researchers believe can be improved with training and practice. The fact that people spend most of their time at work is a strong enough reason to introduce EI as a professional development subject. The DISAWORK project aims at providing high quality management in emotional skills to European entrepreneurs, managers and SME, as well as their workers and employees.



## AIMS & OBJECTIVES

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- To examine the level of managers' EI in small and medium sized enterprises and promoting Emotional Intelligence (EI) for entrepreneurship.
- To identify the ability to manage EI skills according to organisational climate and employees' creativity.
- To promote Social Responsibility among entrepreneurs by applying EI.
- To make workers participants of a better management of their own emotions.
- Demonstrate what makes emotional intelligence different from 'traditional' intelligence.
- Encourage participants to implement better emotional management.

# TARGET GROUP

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This course is for anyone with a professional or personal interest in exploring emotional intelligence in workplace settings. It is suitable for those with a background in business, business associations, business incubators, trade unions, entrepreneurship or with relevant work experience and for those who wish to expand their existing emotional intelligence skills.



# TRAINING METHODOLOGY

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Courses are split into weeks and will be based on a blended methodology of theory and practice. The implementation will happen with 5 learning modules on our learning platform, through interactive sessions with tools and theories and asynchronous learning through weekly challenges and preparation videos based on the emotional skills that each module will focus on.

The sessions will be divided between plenary sessions and facilitated work in smaller groups. Participants are expected to take part in the whole training course and contribute with their opinions and experience.

All selected participants will also be invited to a pre-meeting (welcome session) to get to know each other and the trainers, to share needs and expectations and solve technical issues.



## PARTNERS

Organisation	Country	E-mail
CPIP	Romania	office2.at.vie@gmail.com
Indepcie	Spain	hola@indepcie.com
VAEV	Austria	research.at.vie@gmail.com
CSC	Italy	info@danilodolci.org
InterMediaKT	Greece	info@intermediakt.org
GrowthCoop	Spain	javier.m@growthcoop.eu

## TIMELINE INFO

<b>May 19</b> 16:30- 17:30 CET	<b>Welcome Session</b>
<b>May 23-29</b> 16:30- 18:00 CET	<b>Training in Timisoara, Romania &amp; Module 1: Critical Thinking &amp; Problem Solving- CPIP</b>
<b>May 30- June 5</b> 16:30- 18:00 CET	<b>Module 2: Empathy &amp; Emotional Intelligence- GrowthCoop &amp; Indepcie</b>
<b>June 6-12</b> 16:30- 18:00 CET	<b>Module 3: Judgment and Decision Making &amp; Assertiveness- CSC</b>
<b>June 13-19</b> 16:30- 18:00 CET	<b>Module 4: Communication and Negotiation Skills &amp; People Management- VAEV</b>
<b>June 20-26</b> 16:30- 18:00 CET	<b>Module 5: Self Control &amp; Managing Resistance to Change- InterMediaKT</b>

## MEET THE TRAINERS

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### Lisa Avarello-CSC

A project manager in the non-profit sector, since two years she works at CSC Danilo Dolci. She is responsible of several European funded project addressing adults and their needs in the field of entrepreneurship: these and her academic path leading to her International Diploma on Project Management in international cooperation and focusing on social business and social change, brought her to deepen her skills in these fields of interest. Moreover, assisting projects of local and international cooperation, she is strenghtening her theoretical and operative knowledge for addressing social issues and for working in less advantaged areas where the projects are implemented. Ms. Lisa has experience in non formal educational methods targeting youngsters and adults. Key competences: project management, training facilitation, promotion and dissemination, research and data analysis.



### Lucian Stroia- CPIP

A sociologist, specialised in social relations, mechanisms of interaction between individuals and social identity. He is currently studying Social Entrepreneurship and Community Development in a master's program in Timisoara, Romania. He is a certified trainer of debate, oratory, rhetoric and public speaking by ARDOR, an association in which he has accumulated over 300 hours of training delivery. In his free time, he likes deep conversations about human condition, walking through forests and reading philosophy.



## Javier Morales- GrowthCoop

Graduated in Law. 29 years working in European Projects related with Education and Training. He had participated in more than 100 European Projects in the field of Education and Training, in many different economic and social sectors. Large experience in Rural Development Policy and Agriculture training plans. Expert in Key Competences. External Evaluator of European Project for the Ministry of Education in Spain during 10 years. Master in Project Management. Master in Coaching and Emotional Intelligence. Teacher and Coach and Counsellor. Expert in Emotional Intelligence and soft skills for educators.



## Marco Navarro Roux-VAEV

Senior Researcher and Project Manager with vast experience collaborating with Non-Governmental Organizations and leading international projects in the fields of human rights, inclusion, social development, and education. He holds Four master's degrees- including a Master of Arts in Human Rights from the University of Vienna, as well as a master's in Politics and Government where he focused on education policies for migrant children and adolescents, and a master's in management of EU projects by the University of Applied Arts Burgenland, Austria. He currently leads a team that manages 24 transnational projects under the Erasmus+ framework.



## José Carlos León-Indepcie

Degree in English Philology and Certificate of Pedagogical Attitude, has worked for 15 years in the field of press and communication. Coach, facilitator and coordinator of formative events, he has a large experience training teams, persons and organizations using Emotional Intelligence tools. He has been tutor in the Master of Coaching of the University CEU San Pablo and facilitator in the areas of Emotional Intelligence and Neuro Linguistic Programming.



## Antonela Kotsoni- InterMediaKT

Many years of experience in European and international projects and more than 500 hours of training on her back! She works in the fields of youth work and Civil Society.

She is the coordinator of education, youth, and volunteering at InterMediaKT, an NGO in Greece, combining technological innovation and education. Antonela is also a member of the pools of trainers of the Greek Foundation for Youth and Lifelong Learning and the British Council in Greece. She has lived in 5 countries and travelled to more than 30 countries. A lover of contrasts, she adores hiking and relaxing with a glass of wine, excursions, and lazy Sundays on the couch, sleeping and coffee.



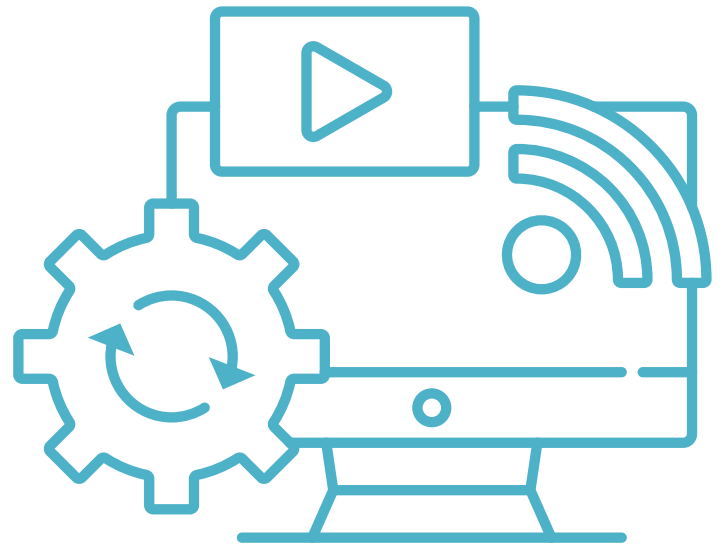
## Adessa Zadia- InterMediaKT

She been involved in youth work and volunteering for more than 5 years. Having obtained a BSc in educational sciences and early childhood education and having participated in various programmes like Erasmus+ studies and youth exchange in Italy, Erasmus+ virtual exchange and European Solidarity Corps in Belgium, she has developed an expertise on facilitating formal and non-formal education with an open mind towards new experiences and opportunities to learn. Apart from youth work and education, she finds great joy in poetry, sudoku, crime series and sitcoms, beauty care and a peaceful dinner with good friends.

## TECHNICAL INFO

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Technical requirements include computer with camera and microphone and reliable internet connection. Participants are strongly encouraged to download, install, and test the Zoom platform (<https://zoom.us/>) and sign up on the platform on our project's site as they will be the main digital platforms of the course.



## CERTIFICATE

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Attendees will receive their certificates after the end of the learning modules as long as the following criteria are met:

1. The participants register until the announced deadline.
2. The participant is in attendance for at least 80% of the webinar. (4/5 modules)
3. The participant should successfully submit all of the weekly challenges as set by the deadlines.
4. Upon completion of the modules, the participant completes the evaluation survey. The evaluation survey must be completed within 2 weeks of the end of the module.

Participants will be emailed no later than one month after the course and once we have confirmed that they have met the above requirements.





Are you ready to explore emotional intelligence in the workplace?

