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Women's Communication for Solidarity - WomCom

Mobility of youth workers - Training "Communication"

6-13/10/2017 - Grocka/Belgrade, Serbia

The main topic of mobility is assertive communication.

	A.M. 9.30h - 13h	P.M 14.30h-18h.	
Friday 6.10.	Arrival of the participants	Arrival of the participants	19h Intercultural teambuilding Concert
Saturday 7.10.	Introduction, Teambuilding, Erasmus+, Youthpass	Assertive communication Lecture 1. and 2. and exercises	
Sunday 8.10.	Assertive communication Lecture 3. and 4. and exercises	Assertive communication Lecture 5. and 6. and exercises	
Monday 9.10.	Assertive communication Lecture 7. and 8. and exercises	Assertive communication Lecture 9. and 10. and exercises	
Tuesday 10.10.	UN gender policies Presentation and interactive discussion UN Women office in Serbia	EU gender policies Presentation and interactive discussion Officer for gender policies, OSCE mission in Serbia	
Wednesday 11.10.	Conversation with focus group of young women and stakeholders from local community	Study visit	
Thursday 12.10.	Preparation of concept for video guide for assertive communication Script writing	Preparation of concept for video guide for assertive communication Storyboard	
Friday 13.10.	Evaluation session Written and oral evaluation Follow-up	Free for informal gathering and intercultural learning Departure of the participants	
Saturday 14.10.	Departure of the participants		

Breakfast is planned till 9h, lunch from 13h till 14.30h, dinner from 19h



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Coffee breaks will be held during each A.M. and P.M. session and will be planned according to the program

Assertive communication lectures:

1. Communication: what is communication, what it's for, why it's important, communication space
2. Communication types: aggressive, passive, passive-aggressive, assertive
3. The steps in and types of assertive communication
4. Assertive rights: introducing the concept, types and significance of assertive rights
5. Obstructive beliefs: obstacles to assertive communication
6. Psychological roles: obstacles to assertive communication
7. Means of manipulation: introduction to forms and examples of manipulation
8. Assertive techniques for defense against manipulation
9. Assertive criticism and praise: characteristics and forms of assertive reviews
10. Constructive conflict resolution: types of conflict resolution situations

Description of the methodology:

Assertiveness training is based on the principles of interactive work (group work, small working groups, working in pairs, individual work) and includes both a theoretical and practical component. The theoretical part of the workshop includes lecture, discussion and a video presentation by listing examples from the workbook and personal examples of participants. The practical part is implemented through a series of exercises: frozen images, role playing, technique "Stop and think".

Products and Results

During the training a team of youth workers from each participating organization will choose a specific subtopic in assertive communication that will be pursued in practice. The team will continue to work on its development after the training and prepare 5 minutes attractive video material on this subtopic as part of the video guide for assertive communication. The video guide will be made up of six subtopics.

The video guide will be made available online as an Open Educational Resource in the national languages of the participating countries and with English subtitles.