

22-24 September 2026

21.09	Tuesday 22.09	Wednesday 23.09	Thursday 24.09
Arrival of the participants	<p>09:00 Welcome from ETUI</p> <ul style="list-style-type: none"> - Introduction, welcome, practical details - Personal presentations - Expectations, programme and objectives <p>Concepts of emotions / feelings / senses</p> <ul style="list-style-type: none"> - <i>Expert presentation and discussion on:</i> <ul style="list-style-type: none"> o Interdependence between emotions, cognition and the leaning process o Influence of culture on emotional intelligence 	<p>09:00 Feedback and reflections</p> <p>Importance of empathic listening in the context of multicultural training</p> <ul style="list-style-type: none"> - Improving active listening skills <p>Empathic listening: Shifting focus from trainer’s performance to participants’ learning</p> <ul style="list-style-type: none"> - Non-verbal signs and body language 	<p>09:00 Integrate and link trade union values with emotional competence in training settings</p> <ul style="list-style-type: none"> - <i>Focus on the design and implementation phases of the learning management cycle</i> <p>Assessment of the workshop activities and outcomes</p> <ul style="list-style-type: none"> - You and your learning process - self-analysis of skills acquired - Individual practices to integrate in the near future
	12:30 - LUNCH	12:30 - LUNCH	12:30 - LUNCH
	<p>14:00 Self-awareness and emotional Regulation</p> <ul style="list-style-type: none"> - Recognizing and identifying emotions <p>Developing vocabulary for emotional expression</p> <ul style="list-style-type: none"> - Understanding and utilising Plutchik’s wheel of emotions - Mapping and analysing emotions <p>Self-analysis of practices</p> <p>17:30- End of the day</p>	<p>14:00 Integrating emotional competence into training design and delivery:</p> <ul style="list-style-type: none"> - Self-reflection on important points to integrate into daily trainers’ practices - <i>You in the participant’s shoes</i> <p>How to tackle emotions in different contexts?</p> <ul style="list-style-type: none"> - <i>You in the tutor’s shoes</i> - Identifying situations that lead to misunderstandings and conflict - Strategies to anticipate and solve conflicts <p>17:30- End of the day</p>	Participant departure after lunch
DINNER	DINNER	DINNER IN THE CITY	

