



Newsletter

EIVET

Emotional Intelligence for more effective Training Process

In February 2023 the first **Short-term Training in Emotional intelligence for VET Centers** was held on **in Sofia (Bulgaria)**. It was organized by Foundation for Developing Emotional Intelligence of **Sofia**.

The participants attending the training were the experts from country partners of the international project: Fondazione Luigi Clerici (Italy), Univerzita Mateja Bela v Banskej Bystrici (Slovakia), Technical Training Bulgaria Ltd (Bulgaria), Mesogeiaiko ekpaideftiko kentro - m.e.k. life-long learning center level ii s.a. (Greece).

The aim of the training was to validate the program modules created within the intellectual Output 1 of the Project and to improve participants' EI competences. In the development of training modules all project partners were involved according to their experience. They created training tools and provided ideas for exercises for every topic.

The program of the 3-day training was focused on 11 modules that provided a lot of information about the science of emotions, emotional processes and reactions, emotional intelligence and many competences and abilities. The program contained theoretical presentations and practical activities, discussions, brainstorming, case studies, and videos.

During the training event the participants evaluated with very high scores the information given and practical activities concerning EI models, the correlation between EI and self-awareness, and self-confidence. Every participant completed the TEIQue assessment and participated in the interpretation of the result of his/her level of EI.

Also, an interesting discussion about EI in the area of communication processes and social recognition took place. A lot of insights were provided during the modules focused on the connection between EI and conflict resolution, decision-making, and problem-solving.

The module dealing with resilience and stress management was very useful and evaluated as important for all students at VET Centers because of the actual situation of uncertainty and permanent social change.

Furthermore, participants in the training realized how important the role of emotions and EI is also for the time management process. They learned how to manage a team successfully with the help of an emotionally intelligent approach by also increasing their knowledge of cross-cultural differences in EI.

The training course's aim to cover all competencies, which were included in the training program and which were identified as a result of the training needs' survey was reached. The program modules have been validated as very significant for the purpose of the project and EI training for VET Centers.

During the last month the development of Output 2 "Interactive Boardgame " took place. Each partner organization took part in this activity. Expert partners will be thought how to use the boardgame in the next training activity which will take place from the 9th until the 11th of May in Banska Bystrica (SK).

We will update you about this activity in the next newsletter.