



TRANSPARENT
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CREATE YOUR LAB

INDICATIONS FOR A NON-FORMAL EDUCATION WORKSHOP

Non-formal education as an emotional workshop

I live the experience in the here and now: I work on my emotions.

Carefully designed activities to promote personal knowledge, in terms of awareness of one's own emotion, and consequently, aimed to improve social and professional development by reaching the emotional competence presupposed by empathy, an important soft skill in every type of relationship: personal, social and professional.

Before the workshop

Why are we doing this?

Who are we doing it for?

How will we do it?

Choice of topics to be discussed

Choice of activities to bring out the reflections on the selected or requested themes.

Draft of the schedule with a start, expected time for each single activity and breaks.

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Time and space.

Building a schedule.

Time is a resource. Space as well.

It is needed that the space available is comfortable, well lit, welcoming, not crowded with objects, with a good temperature, without columns in the center, with movable chairs.

During the workshop

Stick to the schedule in order to propose all the activities planned so that the workshop reaches its end and thus achieves the sense built during the writing phase.

After the workshop

Discussion about timing, methods of conduct, themes that emerged, emotional and cognitive feedback from the participants.

The facilitator's approach must be positive, interested in the needs of the group, non-judgmental and welcoming.

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Fondo Sociale Europeo



Ministero dello Sviluppo Economico



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