



## Training Activity - Emotional Intelligence for Peer Mentoring

### Training Activity Program

#### 1. Action Title

Training Action name:	Emotional intelligence for peer mentoring
Date:	[Date of the Event]
Duration:	[hours of the event]
Location:	[Venue of the Event]
Organizer	[Name of the organisation]

#### 2. Event Objectives

To equip young people with essential emotional intelligence skills for effective peer mentoring. The training focuses on developing empathy and conflict resolution, and creativity to encourage participants to learn from one another.

#### 3. Participants

Target Group:	Young people aged 16 to 25, especially those with fewer opportunities
Number of Participants:	20 young people
Staff trainers:	2
External youth workers	2

4. Event Program	
Start Time and Registration	<p><b>08:30 - 09:00:</b> Participant Arrival and Registration</p> <p>Check-in and distribution of training materials (e.g. notebooks, pens, program schedule)</p>
Opening Session	<p><b>09:00 - 09:30:</b> Welcome and Introduction</p> <p>Welcome speech by the organizer</p> <p>Introduction of monitors and youth workers</p> <p>Overview of the training program and objectives</p>
Session 1:	<p><b>09:30 - 10:00: Introduction to Emotional Competencies and peer learning</b></p> <p><b>Description:</b> Participants will explore the key emotional competencies—empathy, conflict resolution, and creativity—that are essential for building effective mentoring relationships. Through discussions and interactive activities, participants will gain insights into how these competencies contribute to personal growth and enhance a peer learning environment.</p> <p>Objectives: To develop basic understanding of emotional competences and peer learning</p> <p>Trainer: [trainer's Name]</p>
Break	<p><b>10:00 - 10:30:</b> Coffee Break</p>
Session 2:	<p><b>10:30 - 11:15:</b> Empathy</p> <p><b>Description:</b> This section focuses on fostering empathetic understanding among participants. Through activities such as role-playing, participants will practice recognizing and validating the emotions of others. This experience will help them build stronger connections with their peers, essential for effective mentoring.</p> <p>Objectives: To improve the ability to recognize and understand others' emotions, as well as practice active listening and empathetic responses in various scenarios.</p>

	Trainer: [trainer's Name]
<b>Session 3: Conflict resolution</b>	<p><b>11:30 - 12:15:</b> Conflict resolution</p> <p><b>Description:</b> Participants will learn effective conflict resolution techniques that can be applied in mentoring relationships. They will engage in discussions and case studies to analyze common conflicts that may arise and brainstorm potential solutions, enhancing their ability to navigate challenging situations.</p> <p><b>Objectives:</b> To learn effective conflict resolution strategies and analyze real-life scenarios and discuss resolution approaches.</p> <p>Trainer: [trainer's Name]</p>
<b>Session 4: Creativity</b>	<p><b>12:30 - 13:15:</b> Creativity</p> <p><b>Description:</b> This segment will emphasize strategies to cultivate creativity within peer learning environments. Participants will engage in collaborative activities that promote creative thinking, encouraging participants to think outside the box and explore innovative approaches to supporting one another.</p> <p><b>Objectives:</b> To develop skills to create a supportive environment that encourages creative thinking among peers.</p> <p>Trainer: [trainer's Name]</p>
<b>Closing Session</b>	<p><b>13:15 - 14:00:</b> Wrap-Up and Feedback</p> <p>Summary of key takeaways from the training</p> <p>Participant feedback through evaluation questionnaire.</p> <p>Distribution of participation certificates.</p> <p>Thank you and closing remarks by the organizer.</p>

<b>5. Required Resources</b>	
<b>Materials</b>	<ul style="list-style-type: none"> <li>• Notebooks and pens</li> <li>• Projectors and screens</li> <li>• Laptops or tablets for participants (if necessary)</li> <li>• Pre-prepared scenarios for role-playing exercises.</li> <li>• Printed case studies.</li> </ul>

<b>Personnel</b>	<ul style="list-style-type: none"> <li>• 2 Trainers/facilitators</li> <li>• 2 External Youth Workers</li> </ul>
<b>Technical Equipment:</b>	<ul style="list-style-type: none"> <li>• Projectors and sound system</li> <li>• Wi-Fi access</li> <li>• Digital collaboration tools (e.g., Google Workspace, Microsoft Teams)</li> </ul>

<b>6. Collaborators</b>
<p>[List of Collaborators]</p>

<b>7. Contact Information</b>						
<table border="1"> <tr> <td><b>Contact Person:</b></td> <td>[Name of Contact Person]</td> </tr> <tr> <td><b>Phone Number:</b></td> <td>[Contact Phone Number]</td> </tr> <tr> <td><b>Email Address:</b></td> <td>[Contact Email Address]</td> </tr> </table>	<b>Contact Person:</b>	[Name of Contact Person]	<b>Phone Number:</b>	[Contact Phone Number]	<b>Email Address:</b>	[Contact Email Address]
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<b>Additional Notes</b>
<p>Ensure all participants are aware of the venue location and schedule.</p> <p>Volunteers should be briefed on their roles and responsibilities prior to the event.</p> <p>A photographer will be documenting the event, so permission will be requested to use the images for promotional purposes.</p> <p>Ensure to establish long-lasting communication to engage participants in next activities and initiatives.</p>

Consider incorporating an icebreaker activity at the beginning of the session to help participants to let to know each other and feel more comfortable.

Provide time during or after the session for participants to network and share their contact information. This can help build a supportive community among peers.