



Training Activity - Emotional Intelligence

Training Activity Program

1. Action Title

Training Action name:	Emotional Intelligence [Adapt the title depending on the specific focus of the workshop, e.g. "Emotional Intelligence in Education" or "Managing Emotions in Conflict Situations"]
Date:	[Date of the Event]
Duration:	4 hours [Adjust if the format changes: half-day, full-day, etc.]
Location:	[Venue of the Event]
Organizer	[Insert organisation]

2. Event Objectives

The event is designed to foster emotional intelligence in young people aged 16 to 25. It includes interactive non-formal education sessions and a thematic tango workshop aimed at developing competences such as empathy, emotional self-regulation, and resilience.

3. Participants

Target Group:	Young people aged 16 to 25, especially those with fewer opportunities
Number of Participants:	15 young people
Staff trainers:	2 trainers + 1 support person
External youth workers	1–2 (optional)

4. Event Program	
Start Time and Registration	<p>10:00 – 10:15: Arrival and Registration</p> <p>Participants arrive and register</p> <p>Form signing</p>
Opening Session	<p>10:15 – 10:30: Welcome and Introduction</p> <p>Welcome speech by the organiser</p> <p>Introduction of the trainers and youth workers</p> <p>Overview of the training programme and objectives</p> <p>10:30 – 10:45: Icebreaker – Name Game</p> <p>Description: Participants stand in a circle. Each person says their name accompanied by a unique gesture. The rest of the group repeats the name and gesture immediately. If the group is small and conditions allow, participants may be asked to recall the names and gestures of the previous one, two, or three people before them.</p>
Session 1:	<p>10:45 – 11:15: Emotional Intelligence Workshop</p> <p>Description: Introductory presentation on emotional intelligence, covering its core components (self-awareness, self-regulation, motivation, empathy, and social skills) and its importance in the daily lives of young people. A short video will be shown to illustrate real-life situations.</p> <p>👉 The presentation is available on the project website.</p> <p>👤 Video link: here</p> <p>11:15 – 11:30: Emotions Mime or Drawing</p> <p>Description: Participants are assigned one of five emotions introduced earlier. They must express it through mime or drawing, without using any verbal cues. The rest of the group guesses the emotion. Depending on group size, the activity can be done individually, in pairs, or in small groups.</p>

	<p>11:30 – 12:00: Theatre of the Oppressed – Forum Theatre</p> <p>Description: Participants are divided into 2–3 groups to perform Forum Theatre, a method from Augusto Boal’s Theatre of the Oppressed. The public (“spect-actors”) observes a scene based on a social or emotional conflict.</p> <p>After the scene, anyone can step in to replace the oppressed character and propose alternative actions or outcomes. This dynamic promotes critical thinking, empathy, and collective learning, and helps participants practise assertive emotional communication.</p>
Break	12:00 - 12:20: Coffee Break
Session 2:	<p>12:20 – 12:30: Energiser – Follow the Leader</p> <p>Description: Participants stand in a circle and mimic the movements of a “leader.” One person in the middle, unaware of who the leader is, tries to guess by observing the group’s coordinated movements.</p> <p>12:30 – 13:30: Tango Workshop</p> <p>Description: A practical session where participants explore tango as a way to connect with their own and others’ emotions. Through dance, they work on mindfulness, emotional expression, trust, and non-verbal communication. No previous dance experience is required.</p>
Closing Session	<p>13:30 – 14:30: Wrap-up and Evaluation</p> <p>Summary of key takeaways from the training</p> <p>Reflection activity using Dixit cards to express feelings and impressions</p> <p>Written evaluation through a feedback questionnaire</p> <p>Thank-you and closing remarks from the organiser</p>

5. Required Resources	
Materials	<ul style="list-style-type: none"> • Notebooks and pens • Projector and screen • Laptops or tablets (if needed) • Post-its • Paper • Dixit cards • Food and beverages

Personnel	2 trainers/facilitators 1 support person
Technical Equipment:	<ul style="list-style-type: none"> • Projectors and sound system • Wi-Fi access • Digital collaboration tools (e.g., Google Workspace, Microsoft Teams) • [.....]

6. Collaborators

(Space to list local organisations or collaborators)

7. Contact Information

Contact Person:	[Insert name]
Phone Number:	[Insert number]
Email Address:	[Insert email]

Additional Notes

- Ensure all participants are aware of the venue location and schedule.
- Volunteers should be briefed on their roles and responsibilities prior to the event.
- A photographer will be documenting the event, so permission will be requested to use the images for promotional purposes.
- [.....]
- [.....]