

# COURSE AND TRAINING

## Life skills – Balance between parenting and career (day 1)





## OUR MISSION

**OUR MISSION AND GOALS WHICH ARE INCLUDED IN THIS PROJECT PROPOSAL ARE TO HELP TRAINERS, TEACHERS AND PARENTS TO ACHIEVE WORK-FAMILY BALANCE IN ORDER TO INCREASE THEIR MENTAL WELLBEING AND QUALITY OF LIFE.**

**THROUGH THE MOBILITY AND PROJECT, WE ALSO AIM TO SUPPORT THE EXPERTS WORKING IN THE FIELD TO ACHIEVE RELEVANT SKILLS, KNOWLEDGE, AND COMPETENCIES TO ADDRESS SUCH ISSUES.**

**THE MOBILITY WILL HELP THE SPECIALISTS IN THEIR WORK TO SUPPORT THE PARENTS WHO ARE STRUGGLING TO BALANCE THEIR DUTIES CONNECTED TO THEIR CAREER AND PARENTHOOD.**



## OUR MISSION

**THIS WILL BE BENEFICIAL FOR THE EXPERTS OF AYPB, THE PARENTS, THE EMPLOYERS OF PARENTS, AND THE CHILDREN, AS ALL WILL BENEFIT FROM THE INCREASED WELLBEING OF SUCH PARENTS- THEY WILL BECOME ACTIVE MEMBERS OF SOCIETY, OF THE LABOR MARKET, AND FORM STRONG FAMILY RELATIONSHIPS WITH THEIR CHILDREN.**

**THROUGH THE MOBILITY IN GREECE (ON AN EU LEVEL) WE WILL BE ABLE TO IMPLEMENT BEST PRACTICES, METHODS, TOOLS, INSTRUMENTS, AND KNOW-HOW INTO OUR DIRECT WORK AS AN ORGANIZATION.**



## PROJECT PARTNERS

- PROJECT DURATION: 01-09-2021-31-08-2022, 12 MONTHS.
- LEADING ORGANIZATION: ASSOCIATION OF YOUNG PSYCHOLOGISTS IN BULGARIA (AYPB).
- PARTNER: GREEK-BULGARIAN ASSOCIATION OF CULTURE PAISII HILENDARSKI, ATHENS, GREECE.
- THIS PROJECT IS FINANCIALLY SUPPORTED BY THE ERASMUS + PROGRAM AND THE ASSOCIATION OF YOUNG PSYCHOLOGISTS IN BULGARIA BEARS FULL RESPONSIBILITY FOR THE CONTENT OF THIS DOCUMENT, AND UNDER NO CIRCUMSTANCES CAN IT BE ACCEPTED AS AN OFFICIAL POSITION OF THE UNION AND THE NATIONAL AGENCY.



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LIFE SKILLS - BALANCE BETWEEN PARENTING AND CAREER, ERASMUS +



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*Let's*  
**break**  
the  
**ice**



# FIND 10 THINGS IN COMMON

- THIS IS PROBABLY ONE OF THE BEST ICEBREAKER EXERCISES AIMED AT LARGE GROUPS.
- FIRST OFF, EVERYONE NEEDS TO BREAK OFF INTO SEPARATE GROUPS, WHILST MAKING SURE TO INCLUDE ALL PARTICIPANTS IN THE ACTIVITY.
- THE GROUPS HAVE THE TASK TO FIND 10 THINGS THAT ALL OF THEM SHARE IN COMMON (BESIDES THE OBVIOUS, E.G., THAT THEY ARE HUMAN).

## WHODUNIT EXERCISE

- SPLIT THE PARTICIPANTS UP INTO GROUPS (OR PAIRS IF YOU HAVE A SMALL GROUP).
- HAVE EACH PERSON WRITE DOWN SOMETHING INTERESTING THEY'VE DONE ON A NOTE CARD (E.G., SKYDIVING, HAVING LIVED IN 5 DIFFERENT CITIES, DRANK A GALLON OF MILK IN FIVE MINUTES—THE SILLIER THE BETTER).
- PUT THE NOTE CARDS INTO A HAT, GIVE IT A NICE SHAKE, AND HAVE EACH PERSON DRAW A NOTE CARD THEY WILL THEN READ ALOUD.
- THE READER MUST THEN TRY TO GUESS "WHODUNIT" AND WHY THEY CAME TO THAT CONCLUSION.

# THE ONE-WORD ICEBREAKER GAME

- THIS IS AN INCREDIBLY EASY ICEBREAKER GAME TO KICK OFF A MEETING OR TRAINING SESSION. THE ONE-WORD ICEBREAKER GAME, WHICH, LIKE ITS NAME SUGGESTS, DOESN'T NEED MUCH EXPLANATION.
- RULES: BREAK THE MEETING OR TRAINING SESSION PARTICIPANTS INTO SMALL GROUPS OF FOUR OR FIVE PEOPLE. ASK THEM A VERY SIMPLE QUESTION—E.G., "WHAT ONE WORD WOULD YOU USE TO DESCRIBE YOUR GROUP?"—AND GIVE EACH TEAM FIVE OR 10 MINUTES TO COME UP WITH THEIR ANSWERS.
- BEFORE FINALIZING THEIR ONE WORD, TEAMS WILL HAVE RIGOROUS DISCUSSIONS AMONG THEMSELVES. THEN IT'S TIME TO ASK EACH TEAM TO SHARE THEIR ANSWERS WITH THE REST OF THE GROUP—FACILITATING EVEN MORE DISCUSSION.

## THE PROGRAMME AND HOW TO USE IT

- THE TRAINING WILL CONTAIN DIFFERENT GROUP GAMES, PRESENTATIONS ON VARIOUS TOPICS AND DISCUSSIONS.
- EACH DAY IS PLANNED TO BE AS DIVERSE AS POSSIBLE. OUR MAIN GOAL IS TO OBTAIN EVERY ASPECT OF THE CHALLENGING MISSION - FINDING BALANCE BETWEEN HAVING A CAREER AND BEING A BRILLIANT PARENT.





# LIFE SKILLS

THERE IS NO DEFINITIVE LIST OF LIFE SKILLS.

CERTAIN SKILLS MAY BE MORE OR LESS RELEVANT TO YOU DEPENDING ON YOUR LIFE CIRCUMSTANCES, YOUR CULTURE, BELIEFS, AGE, GEOGRAPHIC LOCATION, ETC. HOWEVER, IN 1999, THE WORLD HEALTH ORGANIZATION IDENTIFIED SIX KEY AREAS OF LIFE SKILLS:

- COMMUNICATION AND INTERPERSONAL SKILLS.
- DECISION-MAKING AND PROBLEM-SOLVING.
- CREATIVE THINKING AND CRITICAL THINKING.

## LIFE SKILLS

- **SELF-AWARENESS AND EMPATHY**, WHICH ARE TWO KEY PARTS OF **EMOTIONAL INTELLIGENCE**. THEY DESCRIBE UNDERSTANDING YOURSELF AND BEING ABLE TO FEEL FOR OTHER PEOPLE AS IF THEIR EXPERIENCES WERE HAPPENING TO YOU.
- **ASSERTIVENESS AND EQUANIMITY, OR SELF-CONTROL**. THESE DESCRIBE THE SKILLS NEEDED TO STAND UP FOR YOURSELF AND OTHER PEOPLE, AND REMAIN CALM EVEN IN THE FACE OF CONSIDERABLE PROVOCATION.
- **RESILIENCE AND ABILITY TO COPE WITH PROBLEMS**, WHICH DESCRIBES THE ABILITY TO RECOVER FROM SETBACKS, AND TREAT THEM AS OPPORTUNITIES TO LEARN, OR SIMPLY EXPERIENCES.

# IMPORTANT PARENTING SKILLS

- LISTEN TO YOUR CHILDREN
- STICK TO THE RULES YOU HAVE SET
- BE A GOOD ROLE MODEL FOR YOUR KIDS
- CONTROL YOUR EMOTIONS
- BE FLEXIBLE
- SHOW LOTS OF LOVE TO YOUR FAMILY



# WHAT IS WORK-LIFE BALANCE?



## WHAT IS WORK–LIFE BALANCE?

- OFTEN, WORK TAKES PRECEDENCE OVER EVERYTHING ELSE IN OUR LIVES. OUR DESIRE TO SUCCEED PROFESSIONALLY CAN PUSH US TO SET ASIDE OUR OWN WELL-BEING. CREATING A HARMONIOUS WORK-LIFE BALANCE OR WORK-LIFE INTEGRATION IS CRITICAL, THOUGH, TO IMPROVE NOT ONLY OUR PHYSICAL, EMOTIONAL AND MENTAL WELL-BEING, BUT IT'S ALSO IMPORTANT FOR OUR CAREER.
- IN SHORT, WORK-LIFE BALANCE IS THE STATE OF EQUILIBRIUM WHERE A PERSON EQUALLY PRIORITIZES THE DEMANDS OF ONE'S CAREER AND THE DEMANDS OF ONE'S PERSONAL LIFE.

# WHAT IS WORK–LIFE BALANCE?

- SOME OF THE COMMON REASONS THAT LEAD TO A POOR WORK-LIFE BALANCE INCLUDE:
- INCREASED RESPONSIBILITIES AT WORK; PROMOTION AT WORK
- WORKING LONGER HOURS THAN BEFORE
- INCREASED RESPONSIBILITIES AT HOME
- HAVING CHILDREN, ESPECIALLY LITTLE ONES.

**A GOOD WORK-LIFE BALANCE HAS NUMEROUS POSITIVE EFFECTS, INCLUDING LESS STRESS, A LOWER RISK OF BURNOUT AND A GREATER SENSE OF WELL-BEING. THIS NOT ONLY BENEFITS EMPLOYEES BUT EMPLOYERS, TOO.**

## THE RISE OF THE FLEXIBLE WORKPLACE

- THOSE WHO DO MAINTAIN A SUCCESSFUL WORK LIFE BALANCE OFTEN POINT TO THEIR FLEXIBLE WORK SCHEDULES. RECENT RESEARCH FOUND THAT IN THE PAST YEARS, MANY EMPLOYERS HAVE ALLOWED WORKERS GREATER FLEXIBILITY BOTH WITH THEIR SCHEDULE AND WHERE THEY WORK.
- WORK-LIFE BALANCE WILL MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE BECAUSE, AFTER ALL, WE ALL HAVE DIFFERENT LIFE COMMITMENTS. IN OUR ALWAYS-ON WORLD, BALANCE IS A VERY PERSONAL THING, AND ONLY YOU CAN DECIDE THE LIFESTYLE THAT SUITS YOU BEST.





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# **THANK YOU FOR YOUR ATTENTION!**

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