

Teaching / training assignments: Life skills - Balance between parenting and career under project **2023-1-BG01-KA121-ADU-000115419**, Erasmus +

Leader: Association of Psychologists in Bulgaria

Participating organization: APB /Kocatürk Danismanlık Özel Egitim Hizmetleri Turizm ve Proje Hizmetleri Ticaret Sanayi Limited Sirketi

DATES: 29.03.2024 – 07.04.2024

Day 5

Topic1

Tips for your family Workshop

Introduction

In this workshop, we'll explore practical strategies to strengthen family bonds, promote positive interactions, and create a nurturing environment.

Effective Communication Active Listening

Encourage family members to truly listen to each other. Validate feelings and show empathy during conversations. Family Meetings: Regularly schedule family meetings to discuss important matters, share updates, and address concerns.

Quality Time Unplug Together

Designate tech-free hours or days. Use this time to engage in activities like board games, cooking, or outdoor adventures.

Family Traditions: Create and maintain traditions

Conflict Resolution

Stay Calm: Teach family members to manage conflicts calmly.

Avoid shouting or blaming.

Encourage the use of “I” statements to express feelings without accusing others. For example, “I feel hurt when...”

Self-Care Lead by Example:

Show your family the importance of self-care.

Prioritize sleep, exercise, and relaxation.

Encourage Hobbies:

Support each other's interests and hobbies. Pursue activities that bring joy and fulfillment.

Gratitude and Appreciation Daily Gratitude:

Share something you're grateful for during family meals or bedtime.

Compliments: Acknowledge each other's efforts.

A simple "thank you" goes a long way.

Flexibility and Adaptability Roll with Changes:

Life is unpredictable.

Teach resilience by adapting to unexpected situations.

Apologize When Necessary:

Model apologizing and forgiving. It strengthens relationships.

Chores and Responsibilities Team Effort:

Involve everyone in household chores.

Assign age-appropriate tasks.

Rotate Roles:

Switch roles occasionally—for example, let the kids plan a meal or organize a game night.

Emotional Well-Being

Check-In: Regularly ask family members how they're feeling.

Be attuned to emotional needs.

Mindfulness Practices: Introduce mindfulness exercises like deep breathing or meditation.

Topic 2

Leveraging Your Professional Strengths: training and the theory in practice

Introduction

In our professional lives, recognizing and harnessing our strengths is essential for personal growth, job satisfaction, and overall effectiveness. This text explores the theory behind a strengths-based approach and provides practical insights on how to apply it effectively.

Strengths-Based Approach:

TheoryWhat Is It?

- A strengths-based approach emphasizes people's self-determination and resilience.
- It views individuals as resourceful, even in challenging circumstances.
- Originally rooted in social work, this philosophy has extended to various contexts, including workplaces.

Key Principles:

- Collaboration: It involves working together with clients or colleagues to identify and build upon their strengths.
- Hope and Inspiration: Encourages individuals to envision a positive future despite current difficulties.
- Resourcefulness: Focuses on what people can do rather than what they lack.

Applying Strengths in Practice Self-Reflection:

- Identify your unique strengths. What skills, qualities, or talents set you apart?
- Consider how these strengths align with your professional role.

Workplace Integration:

- Collaborate: Engage with colleagues to understand their strengths. How can you complement each other?
- Task Allocation: Assign tasks based on individual strengths. Leverage what each team member does best.

Client-Centered Approach:

- Listen Actively: Understand clients' strengths and aspirations.
- Goal Setting: Co-create goals that draw upon their abilities.
- Empowerment: Encourage clients to take ownership of their progress.

Leadership and Management:

- Strengths-Based Leadership: Lead by example. Showcase your strengths while empowering others.
- Feedback: Provide constructive feedback that highlights strengths and growth areas.

Resilience Building:

- Adversity: In challenging situations, focus on what you can control.
- Learn from Setbacks: Use your strengths to bounce back.

Real-Life Examples Arpita's Story (Assessment in the Community):

- Arpita, a social worker, identified her strengths in active listening and empathy.
- She built rapport with a client facing housing issues, helping them explore solutions.

Ant's Story (Review in a Residential Placement):

- Ant, a care manager, leveraged his organizational skills to streamline processes.
- His team improved efficiency and client satisfaction.

Jonno's Story (Rehabilitation in a Mental Health Placement):

- Jonno, a therapist, used his creativity to design engaging therapy sessions.
- Clients responded positively, enhancing their recovery.

Games and practical approaches to enhance your professional strengths

1. Strengths-Based Approach Workshop:

- Explore the theory behind strengths-based practice.
- Learn how to identify and leverage individual and team strengths.
- Practice applying strengths-based strategies in real-world scenarios.

2. Emotional Intelligence Training:

- Understand the impact of emotional intelligence on workplace success.
- Develop self-awareness, empathy, and effective communication skills.
- Explore practical techniques for managing emotions and building positive relationships.

3. Effective Communication Skills:

- Enhance verbal and non-verbal communication.
- Focus on active listening, assertiveness, and conflict resolution.
- Role-play scenarios to practice effective communication.

4. Leadership Development:

- Dive into leadership theories and styles.
- Learn how to motivate and inspire others.
- Develop skills in decision-making, delegation, and team management.

5. Time Management and Productivity:

- Explore techniques for prioritization and goal-setting.
- Understand the importance of work-life balance.
- Implement time-saving tools and strategies.

6. Networking and Relationship Building:

- Build a strong professional network.
- Learn effective networking etiquette.
- Practice relationship-building skills through workshops and networking events.

7. Conflict Resolution and Negotiation:

- Understand different conflict styles.
- Learn techniques for resolving conflicts constructively.
- Practice negotiation skills in simulated scenarios.

8. Mindfulness and Stress Management:

- Explore mindfulness practices for stress reduction.
- Understand the impact of stress on performance.
- Develop coping strategies and resilience.

9. Creative Problem-Solving:

- Foster a growth mindset.
- Encourage innovative thinking and brainstorming.
- Solve complex problems through group exercises.

10. Feedback and Performance Evaluation:

- Learn how to give and receive constructive feedback.
- Understand performance evaluation processes.
- Role-play feedback conversations.