



# PSI WELL NEWSLETTER

Erasmus+



## University of Lleida - Training time. June, 25-29

### Training outline

#### Day 1.

*Review the trainer's manual and the lessons (4 h).*

*Adult learning. Learning frames; Adult learning principles (2h)*

*Assessment methodology (2h)*

#### Day 2.

*Conducting training. Preparation for training. Agenda planning (2h)*

*Ice breakers and energizers (2h)*

*Keeping trainees focused (2h)*

*Dealing with difficult situations/participants (2h)*

### **Day 3.**

Communication skills (listening skills, summarizing, paraphrasing, effective questioning) (2h).

Presentation skills (2h).

Constructive feedback (2h)

Using methodology (2h)

### **Day 4.**

Using methodology (group exercise, brainstorming exercise, role plays, case studies) (3h)

Simulations: Assign trainees to deliver individual sections to the group for 20 minutes, followed by 10 minutes discussions, constructive feedback and debriefing (5h)

### **Day 5.**

Simulations: Assign trainees to deliver individual sections to the group for 20 minutes, followed by 10 minutes discussions, constructive feedback and debriefing (7h)

Evaluation (1h)

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*Building Bridges: Promoting Social Inclusion and Wellbeing for Families*

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[www.psiwell.eu](http://www.psiwell.eu)