

**TRAINING PLAN – UNIT 7 Title: Communication**  
Partner name: ARTeria – [www.fundacja-arteria.org](http://www.fundacja-arteria.org)

Country: **Poland**

Training activity description	EQF level	Learning Outcome	Learning hours	For Reference: Learning materials
<p><b>Module: ENGAGE CREATIVE YOUNG PEOPLE</b></p> <p>The aim of this unit is to identify and evaluate the effective methods of affirming and reinforcing positive behaviours and relationships of creative young people in the context of developing communication skills (how to communicate effectively).</p> <p>This material can be used by <b>vocational mentors</b> and <b>mentees</b>.</p> <p>Learning outcomes achieved:</p> <ol style="list-style-type: none"> <li>1. Knowledge about how to communicate effectively with creative young people and relevant supporting individuals and organisations to develop rapport and explain the purpose, principles and methods of your role giving a clear description of approaches taken and the rationale for each</li> </ol>	<p><b>L4</b></p> <p><b>L 5</b></p>	<p><b>LO2 + LO6</b></p>	<p><b>8 (direct)</b></p>	<ol style="list-style-type: none"> <li><b>1. GUESS THE EMOTION</b> A fun competitive game that’s concerned with getting participants to become more aware of their feelings or emotions (U7M1_GUESS_THE_EMOTION.pdf)</li> <li><b>2. THE NAME GAME</b> Funny exercise about questioning (U7M2_THE_NAME_GAME.pdf)</li> <li><b>3. POWER OF BODY LANGUAGE</b> Quick exercise about how body language can reinforce verbal communication (U7M3_POWER_OF_BODY_LANGUAGE.pdf)</li> <li><b>4. WHAT PEOPLE ACTUALLY UNDERSTAND</b> Starting point for a discussion about “what we think, tell and what people actually understand” (U7M4_WHAT_PEOPLE_ACTUALLY_UNDERSTAND.pdf)</li> </ol>

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<p>2. Identification and evaluation of effective methods of affirming and reinforcing positive behaviours and relationships of young people, conflict resolution and collective problem-solving using action-learning or similar techniques</p> <p><b>Tips for trainers:</b> use suitable language of communication and communication exercises to help achieve better understanding between each other and between generations.</p> <p>This unit is for group activities.</p> <p><b>Workshop Leader: Wenancjusz Ochmann</b></p>				
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