

COOP	Communication for cooperation	s7	session plan EQF level 5 unit of LO COOP 1
Objectives <ul style="list-style-type: none"> • Understand how to communicate effectively • Practice compassionate communication • Understand the role of vulnerability in communication and trust • Set clear boundaries and rules with a group agreement • Aim for consensus with decision making Methods <ul style="list-style-type: none"> • Group discussion to introduce broad themes • Presentations and/or videos on various communication skills • Working in small groups and pairs for deeper dives • Role play to practice use of communication tools • Use an expert if necessary • Story telling as a communication method • Talking stick method • Communication games from the tool box to create balance and variety 		Trainer	
		Place Room/s	
		Time 1-2 days	
Content	<ul style="list-style-type: none"> - Effective communication: clearly, with respect, on time - Compassionate communication: listening, empathy, responding to needs, appreciation - Introduction to story-telling and oral traditions (see also TEACH) - Introduction to managing stress and conflict in a group - Illustration of how to vary teaching material throughout a session to keep trainees engaged 	Documents <ul style="list-style-type: none"> - t_Resources - more detailed program 	
Activities	<ul style="list-style-type: none"> - Practice gratitude and appreciation (link to session s2) - Use a group agreement (link to session s3) - Brainstorm and group discussion (with information gathering methods) on positive/negative communication - Presentation and/or videos on communication skills - Small group working for deeper sharing of personal experiences of positive/negative communication - Exchange about compassionate communication – what, how, when. Start taking notes about how stress and trauma affect group dynamics (link to later session? link to TEACH?) - Working in pairs to practise listening/empathy skills - Communication game, e.g. square puzzle (how to communicate in silence) with reflection on meaning and relevance - Role play to practise use of communication tools - The importance of showing vulnerability to gain trust (video) - Introduce to manage stress, trauma and conflict in groups (link to later session or TEACH and to self care SUSTAIN s1) - Story telling and oral traditions – invite group participation - Reflection and feedback on these experiences - Use feedback to improve this and future agreements 	Equipment <ul style="list-style-type: none"> - Tools for brainstorming - Rope - Square puzzle (pieces of paper prepared) - Glue stick 	
Preparation Hand-out/presentation on theory			