

Assertiveness at the University

Training plan

Day 1 – Understanding the basic concepts

09:00 – 10:30	<ul style="list-style-type: none"> - Presentation of the trainer - Presentation of the participants - Expectations - Presentation of the training program - Administrative aspects
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> - Presentation of the universities of the participants
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> - What is assertiveness? The role played by balance - Benefits of being assertive - Value Yourself and Your Rights - Voice Your Needs and Wants Confidently

* Afternoon Walking City Tour // Teatros Fest /LIFE - Drama - Student Theater in Banja Luka; Sala Festivă, U.S.R. Cultural Center, Strada Mangalia no. 29, 7 PM // Politehnica – Snagov football match @ Dan Paltinisanu Stadium, 6 p.m.

Day 2 –Understanding others

09:00 – 10:30	<ul style="list-style-type: none"> - Skills for effective communication (listening, understanding, reception, expression) - Assertive communication - the key for understanding
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> - Understanding others people's behavior
12:00-13:00	International Lunch
13:00-15:00	<ul style="list-style-type: none"> - A professional „self” through effective intercultural communication

* Evening recommendation: Theater „Bani din cer” („Money from the sky”), National Theater „Mihai Eminescu” Timișoara, 8 PM.



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Day 3 – Beyond verbal communication

09:00 – 10:30	<ul style="list-style-type: none"> - Face expression - Gesture - Body movement
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> - Space - Posture - Outfit
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> - Key elements for nonverbal communication: tone, volume, speed, pause

* Evening recommendation: Teatros Fest/Kapetan Gon Poplfoks „Talijsa”; USR Cultural Center, str. Mangalia nr. 29, 7 PM.

Day 4 – Feedback

09:00 – 10:30	<ul style="list-style-type: none"> - Subjective vs objective feedback - Positive feedback. Motivational - Negative feedback. Developmental
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> - Providing negative feedback in an assertive way
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> - Work in groups: Awareness of the importance of effective and assertive communication as the key of success

* Traditional Romanian Dinner at Miorița Restaurant.

Day 5 – Conflict management

09:00 – 10:30	<ul style="list-style-type: none"> - Types of conflicts - Conflict management techniques
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> - The third party
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> - Examination - Feedback session - Graduation

* Concert „100 years Romania”, Romanian National Opera Timișoara, Strada Mărășești, Nr. 2, 7 PM, free entry.



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Dinners except from the one on Thursday night will be @ **Jack's Bistro** at 7 p.m.



Don't miss:

- the Museum of the Communist Consumer
- the Art Museum
- the Village Museum
- a Spa day
- Kayaking on Bega river
- Visiting Recas Winery
- Gelato di Bruno ice cream
- Iulius Town