

+40 721 305 948 hello@erasmus-training.eu www.erasmus-training.eu

Assertiveness at the University

Training plan

Day 1 – Understanding the basic concepts

09:00 - 10:30	- 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	- Presentation of the universities of the participants
12:00-13:00	Lunch Break
13:00-15:00	- 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	- Skills for effective communication (listening, understanding,
	reception, expression)
	 Assertive communication - the key for understanding
10:30-10:45	Break
10:45-12:00	- Understanding others people's behavior
12:00-13:00	International Lunch
13:00-15:00	- A professional "self" through effective intercultural communication

^{*} Evening recommendation: Theater "Bani din cer" ("Money from the sky"), National Theater "Mihai Eminescu" Timişoara, 8 PM.



+40 721 305 948
hello@erasmus-training.eu
www.erasmus-training.eu

Day 3 – Beyond verbal communication

09:00 – 10:30	- Face expression
	- Gesture
	- Body movement
10:30-10:45	Break
10:45-12:00	- Space
	- Posture
	- Outfit
12:00-13:00	Lunch Break
13:00-15:00	- Key elements for nonverbal communication: tone, volume, speed,
	pause

^{*} Evening recommendation: Teatros Fest/Kapetan Gon Poplfoks "Talija"; USR Cultural Center, str. Mangalia nr. 29, 7 PM.

Day 4 – Feedback

09:00 – 10:30	3
	- Positive feedback. Motivational
	- Negative feedback. Developmental
10:30-10:45	Break
10:45-12:00	- Providing negative feedback in an assertive way
12:00-13:00	Lunch Break
13:00-15:00	- Work in groups: Awareness of the importance of effective and
	assertive communication as the key of success

^{*} Traditional Romanian Dinner at Miorita Restaurant.

Day 5 – Conflict management

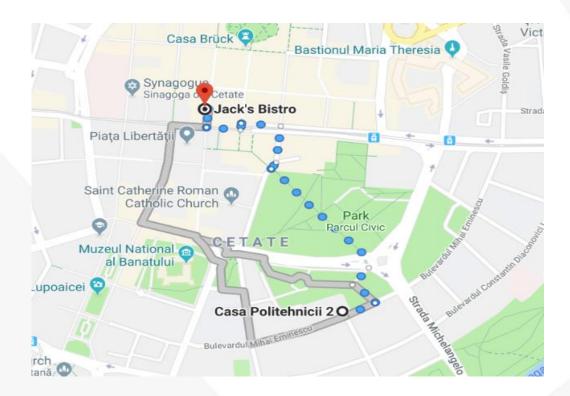
09:00 - 10:30	- Types of conflicts
	 Conflict management techniques
10:30-10:45	Break
10:45-12:00	- The third party
12:00-13:00	Lunch Break
13:00-15:00	- Examination
	- Feedback session
	- Graduation

^{*} Concert "100 years Romania", Romanian National Opera Timișoara, Strada Mărășești, Nr. 2, 7 PM, free entry.



+40 721 305 948 hello@erasmus-training.eu www.erasmus-training.eu

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



Don't miss:

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