

## Communication skills

### Preliminary Training Plan

#### Day 1 - Communication basics

09:00 – 10:30	<ul style="list-style-type: none"> <li>- Presentation of the trainer and participants</li> <li>- Expectations</li> <li>- Presentation of the training program</li> <li>- Administrative aspects</li> </ul>
10:30-10:45	Coffee Break
10:45-12:00	<ul style="list-style-type: none"> <li>- Presentation of the universities of the participants</li> </ul>
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> <li>- What is communication and how do we use it?</li> <li>- Communication in the Academic culture</li> <li>- Individual activity: Write a story</li> </ul>

\* Evening recommendation: Tango Class for beginners @ Tango Timisoara starting at 6 pm /  
Tasting the local artisanal beers @ Bereta Taproom

#### Day 2 – Group Dynamics and Team work

09:00 – 10:30	<ul style="list-style-type: none"> <li>- Leadership styles and team work</li> <li>- My personality traits in a team</li> </ul>
10:30-10:45	International Coffee Break
10:45-12:00	<ul style="list-style-type: none"> <li>- Designing efficient teams</li> <li>- Delegation</li> </ul>
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> <li>- Teamwork: Count Dracula has risen from his grave</li> </ul>

\* Evening recommendation: Visiting the Village Museum before 6 pm / Movie night @ Iulius Town



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#### *First 7.000 steps*

10.00 – Meet & Greet your guide  
10.00 – 12.00 Walking City Tour #1 (700 Market, Liberty Square, St. George Square, Union Square, Theresia Bastion)  
12.00 – 13.45 Museum of The Revolution  
14.00 – 15.30 Traditional Romanian Lunch

#### *Next 8.000 steps*

15.30 – 16.30 Walking City Tour #2 (Victory square, Elisabetin district)  
16.30 – 17.40 Debriefing drink at Scârț (visiting the Communist Consumer Museum)  
17.40 – Tram ride to City Center & Return to hotel  
19.00 – Dinner

\* Evening recommendation: La Bayadere Ballet by Ludwig Minkus @ The Romanian National Opera starting at 7 pm

### **Day 4 – Online Communication**

09:00 – 10:30	<ul style="list-style-type: none"> <li>- What is different online?</li> <li>- How do we adapt the message for the online communication?</li> </ul>
10:30-10:45	Coffee Break
10:45-12:00	<ul style="list-style-type: none"> <li>- Facebook, Twitter, Google ads, Instagram</li> <li>- Influencers and their power</li> <li>- The future trends in professional communication</li> </ul>
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> <li>- User persona analysis</li> <li>- Social media campaign steps</li> </ul>

\* Evening recommendation: Kira Frolu Piano Recital @ The Filarmonica starting at 7 pm / College Party Traffic Lights @ Like Pub Timisoara starting at 10 pm

### **Day 5 – External communication**

09:00 – 10:30	<ul style="list-style-type: none"> <li>- Logical Fallacies</li> <li>- Cognitive Biases</li> </ul>
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> <li>- Assertiveness</li> <li>- The magic of the descriptive feedback</li> </ul>
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> <li>- Improving the SGBPI relationship (students, graduates, business environment and public institutions)</li> <li>- Feedback session</li> <li>- Graduation</li> </ul>

\* Evening recommendation: Symphonic Concert @ The Filarmonica starting at 7 pm / Tango Marathon @ Tango Malena starting at 8:30 pm / Damian & Brothers Concert @ Casa del Retro, starting at 10 pm / Bass Request x JBRK @ D'Arc starting at 10 pm



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**Don't miss:**

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

**The training plan is subject to change based on the needs and expectations of the participants.**

**The social activities recommended for each day are optional and will be updated one week before the start of the training.**