

Activity Plan



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NAME OF THE ACTIVITY: SELF-HELP: EMOTIONAL INTELLIGENCE & RESILIENCE

OVERVIEW

THIS WORKSHOP AIMS TO ENHANCE PARTICIPANTS' EMOTIONAL INTELLIGENCE AND RESILIENCE, HELPING THEM UNDERSTAND AND MANAGE THEIR EMOTIONS BETTER, IMPROVE THEIR INTERPERSONAL RELATIONSHIPS, AND DEVELOP THE ABILITY TO BOUNCE BACK FROM SETBACKS.

LONG STORY SHORT: RESILIENCE IS THE ABILITY TO RECOVER FROM DIFFICULTY
EMOTIONAL INTELLIGENCE IS UNDERSTANDING AND MANAGING EMOTIONS

OBJECTIVES:

- UNDERSTAND EMOTIONAL INTELLIGENCE (EI) AND RESILIENCE.
- IMPROVE SELF-AWARENESS OF PERSONAL EMOTIONS.
- LEARN TO MANAGE EMOTIONS POSITIVELY.
- DEVELOP EMPATHY AND BETTER RELATIONSHIPS.
- BUILD PRACTICAL STRATEGIES TO OVERCOME CHALLENGES AND STRESS.

COMPLEXITY AND TIME:

EASY TO MODERATE.
60 MINUTES TOTAL.

GROUP SIZE:

10-20 PARTICIPANTS
INDIVIDUAL WORK, PLENARY WORK

THEMES ADDRESSED:

EMOTIONAL INTELLIGENCE, RESILIENCE,
SELF-AWARENESS, EMPATHY, POSITIVE
THINKING

TARGET GROUP:

YOUNG ADULT FROM 18-30 YEAR

RESOURCES:

FRONTIERS | EDITORIAL: EMOTIONAL INTELLIGENCE: CURRENT RESEARCH AND FUTURE PERSPECTIVES ON MENTAL HEALTH AND INDIVIDUAL DIFFERENCES - DOWNLOAD PDF

RESILIENCE-AND-SELF-EFFICACY-SCIENCE-AND-RESEARCH-METHODOLOGY.PDF

MATERIALS:

PENS, PAPER, WORKSHEET FOR REFLECTIONS, WHITEBOARD, LAPTOP OR FLIP CHART FOR GROUP DISCUSSIONS

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INSTRUCTIONS:

ORGANIZATIONAL QUESTIONS FOR THE WORKSHOP (5MIN)

BEING TRANSPARENT – COMMUNICATION IS KEY

BEFORE WE BEGIN, LET'S ADDRESS SOME ORGANIZATIONAL QUESTIONS REGARDING:

MOBILE PHONE USAGE: PLEASE KEEP YOUR PHONES ON SILENT MODE. IF YOU NEED TO USE YOUR PHONE, KINDLY STEP OUTSIDE.

BREAKS: WE WILL HAVE SCHEDULED BREAKS THROUGHOUT THE WORKSHOP.

FOOD & DRINKS: FEEL FREE TO HAVE YOUR SNACKS AND DRINKS DURING THE WORKSHOP.

RESTROOMS: THE RESTROOMS ARE LOCATED [PROVIDE LOCATION].

INTRODUCTION ROUND (10 MIN): LET'S TAKE A FEW MINUTES TO INTRODUCE OURSELVES. PLEASE SHARE YOUR NAME, AGE, PERSONAL PRONOUNS, REASON FOR ATTENDING, AND EXPECTATIONS FOR THE DAY ->

USING MENTI FOR THE EXPECTATIONS OF THE DA (THERE IS AN OPTION TO ANSWER ANONYMOUS)

-> THESE QUESTIONS WILL BE PROJECTED VIA A WORD DOCUMENT ON THE SCREEN, SO THE PARTICIPANTS DON'T NEED TO MEMORIZE THEM

AGENDA PRESENTATION: AFTER ADDRESSING THE ORGANIZATIONAL QUESTIONS, WE WILL PRESENT THE AGENDA FOR THE DAY. THIS WILL ALSO BE PROJECTED VIA A WORD DOCUMENT, PROVIDING AN OVERVIEW OF THE DAY'S STRUCTURE FOR ALL PARTICIPANTS.

1. INTRODUCTION TO EMOTIONAL INTELLIGENCE & RESILIENCE (5 MINUTES)

GOAL: INTRODUCE THE CONCEPTS OF EMOTIONAL INTELLIGENCE AND RESILIENCE AND EXPLAIN THEIR IMPORTANCE FOR PERSONAL WELL-BEING AND SUCCESS.

TIME NEEDED: 5 MINUTES

INSTRUCTOR SCRIPT:

"HI EVERYONE! TODAY, WE'RE GOING TO EXPLORE TWO KEY ASPECTS OF MENTAL WELL-BEING: **EMOTIONAL INTELLIGENCE (EI)** AND **RESILIENCE**. THESE TWO TRAITS ARE ESSENTIAL IN HOW WE UNDERSTAND AND MANAGE OUR EMOTIONS, HOW WE CONNECT WITH OTHERS, AND HOW WE BOUNCE BACK FROM LIFE'S CHALLENGES.

EMOTIONAL INTELLIGENCE MEANS BEING AWARE OF AND MANAGING OUR OWN EMOTIONS, AS WELL AS RECOGNIZING AND INFLUENCING THE EMOTIONS OF OTHERS. RESILIENCE IS THE ABILITY TO **ADAPT** AND RECOVER FROM DIFFICULTIES. BOTH EI AND RESILIENCE ARE IMPORTANT IN HANDLING STRESS AND THRIVING IN DIFFICULT SITUATIONS."

QUESTION TO ENGAGE THE GROUP:

- "CAN ANYONE SHARE AN EXAMPLE OF A TIME WHEN YOU HAD TO BOUNCE BACK FROM SOMETHING TOUGH?"
- ACTIVITY 1: SELF-AWARENESS & EMOTIONAL RECOGNITION (10 MINUTES)
- GOAL: INCREASE SELF-AWARENESS BY IDENTIFYING EMOTIONS AND THEIR IMPACT.
- TIME NEEDED: 10 MINUTES
- INSTRUCTOR SCRIPT:
- "LET'S START WITH IDENTIFYING OUR EMOTIONS. THIS IS THE FOUNDATION OF EMOTIONAL INTELLIGENCE. SELF-AWARENESS HELPS YOU UNDERSTAND YOUR FEELINGS, SO YOU CAN BETTER MANAGE THEM."
- ACTIVITY:
- WRITE DOWN 3 EMOTIONS YOU'VE EXPERIENCED RECENTLY (E.G., HAPPINESS, FRUSTRATION, NERVOUSNESS).
- REFLECT ON THESE EMOTIONS:
- WHAT TRIGGERED THEM?
- HOW DID THEY AFFECT YOUR BEHAVIOR OR INTERACTIONS?
- HOW DOES EMOTIONS LOOK LIKE - INSIDE OF THE BODY? HIGHLIGHT EMOTIONS ARE EFFECTING US!

GROUP DISCUSSION:

"LET'S SHARE OUR EMOTIONS AND REFLECT ON WHAT INFLUENCED THEM. DID ANYONE FIND ANY PATTERNS IN THEIR EMOTIONS? HOW DID THEY SHAPE YOUR ACTIONS OR REACTIONS?"

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INSTRUCTIONS:

ACTIVITY 2: REFRAMING NEGATIVE THOUGHTS (10 MINUTES)

GOAL: PRACTICE REFRAMING NEGATIVE THOUGHTS TO BUILD RESILIENCE.

TIME NEEDED: 10 MINUTES

INSTRUCTOR SCRIPT:

"NOW LET'S WORK ON RESILIENCE. ONE WAY TO STRENGTHEN RESILIENCE IS BY PRACTICING HOW TO REFRAME NEGATIVE OR STRESSFUL THOUGHTS. INSTEAD OF GETTING STUCK IN A NEGATIVE MINDSET, WE CAN CHALLENGE THESE THOUGHTS AND REPLACE THEM WITH MORE POSITIVE OR GROWTH-FOCUSED ONES."

INSTRUCTIONS:

- I'LL GIVE YOU SOME COMMON NEGATIVE THOUGHTS. FOR EACH ONE, TRY TO REFRAME IT INTO SOMETHING MORE POSITIVE OR CONSTRUCTIVE.

EXAMPLES:

- "THIS SITUATION IS IMPOSSIBLE" → "THIS IS A CHALLENGE, BUT I CAN BREAK IT DOWN AND HANDLE IT STEP BY STEP."
- "I'LL NEVER GET BETTER AT THIS" → "I'VE STRUGGLED BEFORE, BUT I'VE IMPROVED BY LEARNING FROM MY MISTAKES."

ACTIVITY:

- WRITE DOWN 3 NEGATIVE THOUGHTS YOU OFTEN HAVE.
- TRY TO REFRAME EACH THOUGHT IN A MORE POSITIVE OR CONSTRUCTIVE WAY.

GROUP DISCUSSION:

"WHO WOULD LIKE TO SHARE A NEGATIVE THOUGHT AND ITS REFRAMED VERSION? HOW DOES REFRAMING IT HELP YOU FEEL MORE RESILIENT?"

ACTIVITY 3: BUILDING EMPATHY THROUGH PERSPECTIVE-TAKING (10 MINUTES)

GOAL: DEVELOP EMOTIONAL INTELLIGENCE BY PRACTICING EMPATHY.

TIME NEEDED: 10 MINUTES

INSTRUCTOR SCRIPT:

"EMPATHY IS A KEY COMPONENT OF EMOTIONAL INTELLIGENCE. IT HELPS US UNDERSTAND HOW OTHERS FEEL AND RESPOND WITH COMPASSION, RATHER THAN JUDGMENT. LET'S PRACTICE PERSPECTIVE-TAKING TO STRENGTHEN OUR EMPATHY."

ACTIVITY:

1. THINK OF A RECENT SITUATION WHERE YOU INTERACTED WITH SOMEONE WHO SEEMED UPSET, ANGRY, OR STRESSED.
2. WRITE DOWN HOW YOU THINK THEY WERE FEELING AND WHY.
3. HOW COULD YOU HAVE RESPONDED WITH MORE EMPATHY? WHAT MIGHT HAVE HELPED THEM FEEL UNDERSTOOD?

GROUP DISCUSSION:

"LET'S SHARE SOME SITUATIONS WHERE WE PRACTICED EMPATHY. WHAT DID WE LEARN FROM LOOKING AT THINGS FROM SOMEONE ELSE'S PERSPECTIVE?"

ACTIVITY 4: RESILIENCE IN ACTION – GOAL SETTING (5 MINUTES)

GOAL: HELP PARTICIPANTS SET SPECIFIC, ACTIONABLE GOALS FOR BUILDING RESILIENCE.

TIME NEEDED: 5 MINUTES

INSTRUCTOR SCRIPT:

"BUILDING RESILIENCE IS A DAILY PRACTICE. TO HELP YOU BUILD MORE RESILIENCE, LET'S SET ONE SMALL, ACHIEVABLE GOAL THAT YOU CAN WORK ON. THIS COULD BE SOMETHING SIMPLE THAT CHALLENGES YOU TO STEP OUTSIDE YOUR COMFORT ZONE."

ACTIVITY:

- WRITE DOWN ONE GOAL YOU WANT TO ACHIEVE IN THE NEXT WEEK THAT WILL BUILD YOUR RESILIENCE. FOR EXAMPLE, IT COULD BE PRACTICING MINDFULNESS FOR 5 MINUTES EACH DAY OR ASKING FOR HELP WHEN YOU'RE FEELING STRESSED.

GROUP DISCUSSION:

"WHO WOULD LIKE TO SHARE THEIR GOAL AND HOW IT WILL HELP THEM BUILD RESILIENCE?"

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INSTRUCTIONS:

BONUS ACTIVITY: BOUNCE-BACK MOMENTS (30 MIN)

A) BOUNCE TEST (5 MIN)

EVERYONE BOUNCES LIGHTLY WHILE YOU CALL OUT SMALL CHALLENGES:

- "MISSED YOUR BUS!" → SHOUT: "TAKE A DEEP BREATH!"
- "YOU FAILED A TEST," "YOU ARGUED WITH A FRIEND," "YOU MISSED YOUR BUS"). AFTER EACH ONE, PARTICIPANTS DO A LIGHT "BOUNCE" IN PLACE—LITERALLY! THEN, SHOUT OUT QUICK "BOUNCE-BACK" STRATEGIES: "TALK TO A FRIEND!" "TAKE A WALK!" "JOURNAL IT!"

FUN & ENERGIZING!

B) RESILIENCE STORY CARDS (10 MIN)

GIVE EACH PERSON A CARD WITH A TOUGH MOMENT:

- "MOVED TO A NEW PLACE AND FELT LONELY"
- "MADE A MISTAKE AND FELT EMBARRASSED"
- "YOU GOT REJECTED FROM SOMETHING YOU CARED ABOUT"

THEY DRAW OR WRITE:

1. WHAT HAPPENED
2. HOW IT FELT
3. HOW THEY BOUNCED BACK

USE MARKERS OR STICKY NOTES.

C) BOUNCE-BACK TOOLKIT WALL (15 MIN)

IN GROUPS:

- STICK UP YOUR STORIES
- CREATE A POSTER WITH:
 - TOP 3 BOUNCE-BACK STRATEGIES
 - 1 MOTIVATIONAL QUOTE
 - A SYMBOL OF STRENGTH (E.G. PHOENIX)

OPTIONAL PITCH:

EACH GROUP PRESENTS THEIR TOOLKIT LIKE A SUPERHERO TEAM!

DEBRIEFING AND EVALUATION:

WRAP-UP AND REFLECTION (5 MINUTES)

GOAL: REFLECT ON THE SESSION AND ENCOURAGE COMMITMENT TO BUILDING EMOTIONAL INTELLIGENCE AND RESILIENCE.

TIME NEEDED: 5 MINUTES

INSTRUCTOR SCRIPT:

"GREAT WORK TODAY, EVERYONE! REMEMBER, EMOTIONAL INTELLIGENCE AND RESILIENCE ARE NOT FIXED TRAITS—THEY CAN BE DEVELOPED AND STRENGTHENED OVER TIME. I CHALLENGE YOU TO TAKE THE TOOLS YOU'VE LEARNED TODAY AND APPLY THEM IN YOUR DAILY LIFE. PRACTICE IDENTIFYING YOUR EMOTIONS, REFRAMING NEGATIVE THOUGHTS, AND BUILDING EMPATHY IN YOUR RELATIONSHIPS."

REFLECTION QUESTIONS:

- "WHAT'S ONE THING YOU LEARNED TODAY ABOUT YOURSELF OR OTHERS?"
- "HOW CAN YOU CONTINUE BUILDING EMOTIONAL INTELLIGENCE AND RESILIENCE IN YOUR LIFE?"

FEEDBACK: ASKING FOR FEEDBACK REFERRED TO THE WORKSHOP, PRESENTATION STYLE, CONCEPT -> MENTI WORDCLOUD

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TIPS FOR FACILITATOR

- CREATE A SAFE SPACE: COMMUNICATION IS KEY ENCOURAGE OPEN SHARING AND CREATE A JUDGMENT-FREE ENVIRONMENT. SHARE YOUR OWN EXPERIENCES TO FOSTER COMFORT.
- KEEP THE ENERGY POSITIVE: STAY OPTIMISTIC AND USE HUMOR TO KEEP THE SESSION ENGAGING AND LIGHT.
- IMPLEMENT AND HIGHLIGHT A “MISTAKE-CULTURE”
- ENCOURAGE PARTICIPATION: INVOLVE EVERYONE IN DISCUSSIONS AND ACTIVITIES. PROMPT QUIETER PARTICIPANTS WITH SPECIFIC QUESTIONS.
- BE FLEXIBLE WITH TIMING: ADJUST TIME FOR DISCUSSIONS OR ACTIVITIES BASED ON ENGAGEMENT, WITHOUT RUSHING.
- HUMOR NOTE AND BEING AUTHENTIC: KEEPS THINGS LIGHTEARTED AND CREDIBLY
- USE REAL-LIFE EXAMPLES: RELATE THE CONTENT TO REAL-LIFE SITUATIONS TO MAKE IT MORE PRACTICAL AND RELATABLE.
- CHECK OUT: PREZI: AN ALTERNATIVE TO POWERPOINT PRESENTATIONS WITH COOL LAYOUTS.
- VIDNOZ: CREATION OF VIDEOS.
- KAHOOT OR MENTI: FOR CREATING QUIZZES/SURVEYS WITH ELEMENTS OF GAMIFICATION.

FOLLOW UP

- SUGGESTIONS FOR FOLLOW UP
- ACCOUNTABILITY PARTNERS: PAIR PARTICIPANTS FOR REGULAR CHECK-INS ON PROGRESS WITH EMOTIONAL INTELLIGENCE AND RESILIENCE.
- MINDFULNESS PRACTICES: SUGGEST DAILY MINDFULNESS EXERCISES (E.G., DEEP BREATHING) AND RECOMMEND APPS LIKE HEADSPACE.
- SELF-CARE CHALLENGES: SET A WEEKLY SELF-CARE CHALLENGE (E.G., DAILY WALKS, READING) TO STAY CONSISTENT.
- FOLLOW-UP WORKSHOPS: OFFER FOLLOW-UP SESSIONS TO CONTINUE BUILDING ON EMOTIONAL INTELLIGENCE AND RESILIENCE.
- PRINT THE IMAGE AND GIVE TO THEM: