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Training of the interpersonal relationships for teachers.

Objectives:

Participants should learn to:

- Right to communicate with each other;
- Giving and receiving feedback;
- Develop a sense of openness and trust;
- Demonstrate respect for the individuality of others;
- Development of the ability to communicate effectively through non-verbal communication, and the ability to capture and analyze non-verbal cues of others.

Training Objectives:

- identifying features of nonverbal communication in the negotiations;
- development of non-verbal communication skills;
- Building trust relationships by means of non-verbal communication;
- identification and designation verbally internal state;
- awareness of their own posture and gestures;
- definition of the unconscious on the grounds of the internal state of the interlocutor;
- effective non-verbal techniques, acting on an unconscious level;
- the ability to control it in stressful situations (irritation, anger, resentment, etc.).

Training Result:

skilful and clever use of the skills of effective non-verbal communication in a professional activity, in the family and among friends.

Exercise "Emotional knowledge".

Sounding every pronounces his name twice. For the first time he speaks with positive feelings as I would like, that he had been approached for the second time - with negative.

After all the participants pronounced their names, leading offers to take over the hands and give the chain a friendly handshake. With this ritual will now begin each session.



Exercise "Removing the clip".

Now, to relax a bit and take the stress, I suggest you do the exercise, which is called "Removing the clip."

Take the most uncomfortable position for themselves, for example, turning the shoulders and torso, look, pressing his chin to the clavicle, to lift up or push forward shoulders. This raises the voltage clamp muscle in certain muscles. Now, for a few minutes, try to focus in this area and remove the clamp at will, try to relax.

Try it a few times. The discussion of the results.

- who are having difficulty?
- these difficulties have been overcome?



Exercise "Feel partner".

And now stand close to each other and close your eyes (the participants stand in a circle). Take the hand of a neighbor with his right hand, the left hand takes the neighbor on the left. Do not open your eyes and try to focus on the palm of the neighbor to the right and to assess their subjective feelings. Next is a discussion in which each participant must answer the questions:

- Which causes a feeling of touching the hand of the partner? What can we say about the state of the partner?

Partner, in turn, evaluates the statement.



After the exercise participants are encouraged to go to the tables. Should prepare in advance sheets and colored pencils (crayons, markers).

Gives the task: **"Run drawing on the theme of my main problems in communication."**

Draw the first thing that came to mind.

During the drawing include quiet music.

Then conducted analysis of drawings. It is necessary to organize the discussion in such a way as to maximize all the participants in the psychological interpretation of the material. Learn to conduct a self-test.



Discussion "The difficulties of understanding."

All figures are placed on the board.

- We have discussed with you the different communication problems on their own examples. Let's formulate, what there are difficulties in mutual understanding between the people (all suggestions are written on the board and discussed).
- discussion of problematic situations (life examples).



The game "The demonstration of the film".

Participants are divided into groups and each group is given a task by using facial expressions and gestures to show a particular genre, others guess (horror, romance, action, comedy, thriller).

The following is a discussion of using, any means of communication, they showed movies. Lead imparts information about the various means of non-verbal communication.

