STUDIO PROGETTO
COOPERATIVA SOCIALE

Co-funded by the European Union

16/07-23/07/2026 RECOARO TERME, ITALY

TRAINING COURSE

THE EQ EFFECT: CREATING INCLUSIVE SPACES FOR YOUNG PEOPLE

Training course on conflict management based on emotional intelligence and communication for preventing radicalisation of marginalised young people

OVERALL AIM OF THE PROJECT

Equip youth workers with emotional intelligence, communication, and conflict management competences to foster inclusive spaces, support marginalised young people, and prevent radicalisation through meaningful youth participation.

OBJECTIVES OF THE TRAINING COURSE

- Strengthen youth workers' understanding of key competences in emotional intelligence, conflict management, and effective communication.
- Equip participants with practical methods and tools to develop emotional intelligence, manage conflicts constructively, and improve communication in youth work settings.
- Support participants in transferring acquired methods and techniques to their daily work with young people, including those with fewer opportunities.
- Promote the exchange of good practices, experiences, and approaches related to the professional development of youth workers across different contexts.
- Encourage the development of innovative ideas and initiatives that enhance the quality of youth work and support the inclusion of marginalised young people.
- Increase participants' awareness of Erasmus+ opportunities for developing and implementing projects focused on professional development and social inclusion.
- Enable participants to act as multipliers within their organisations and communities, contributing to more inclusive, supportive, and resilient environments for young people.

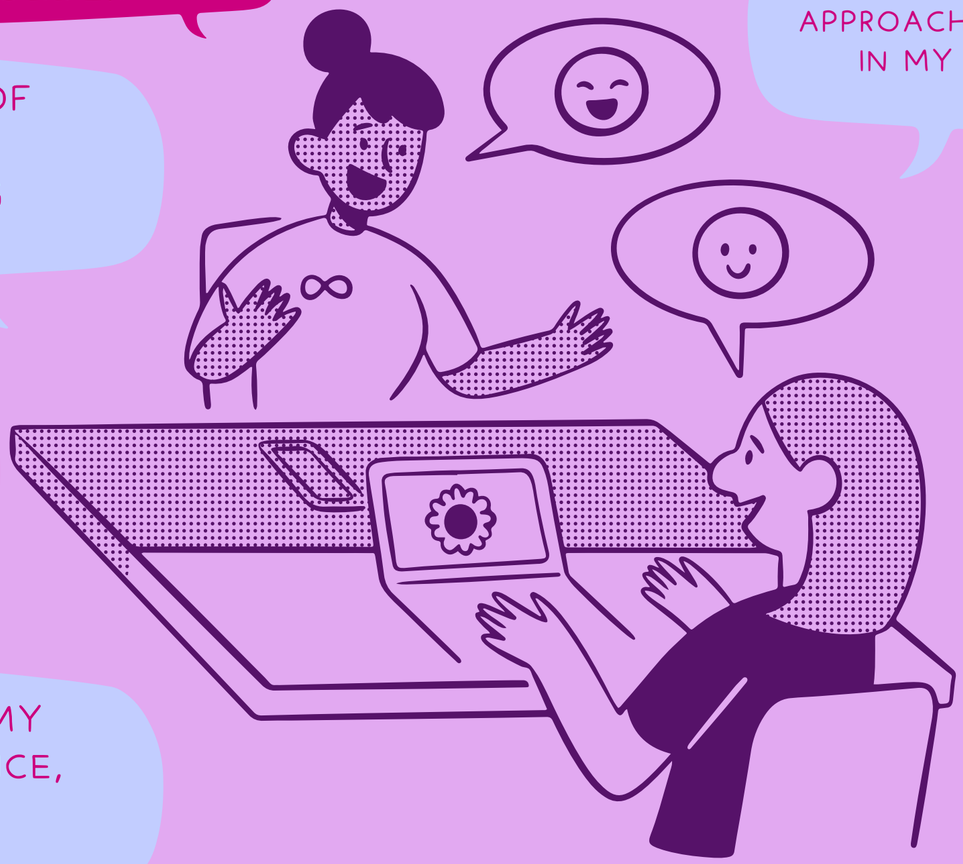
WHO CAN PARTICIPATE

I AM 20 OR OLDER

I HAVE AT LEAST ONE YEAR OF EXPERIENCE WORKING WITH YOUNG PEOPLE AND RUNNING YOUTH ACTIVITIES

I AM ACTIVELY ENGAGED IN YOUTH WORK AS A PROFESSIONAL OR VOLUNTEER

I AM MOTIVATED TO DEVELOP MY SKILLS IN EMOTIONAL INTELLIGENCE, CONFLICT MANAGEMENT, AND COMMUNICATION



I AM READY TO DEVELOP NEW YOUTH WORK APPROACHES AND LONG-TERM PROGRAMMES IN MY ORGANISATION OR COMMUNITY

I CAN COMMUNICATE IN ENGLISH

I WANT TO SUPPORT MARGINALISED YOUNG PEOPLE AND HELP PREVENT RADICALISATION THROUGH YOUTH WORK

I AM COMMITTED TO PARTICIPATE IN THE ENTIRE TRAINING COURSE

ARRIVAL DAY	DAY 1 GETTING TO KNOW DAY	DAY 2 EXPLORING EMOTIONAL INTELLIGENCE	DAY 3 MEDIATION AS TOOL	
Arrival and registration of participants	Breakfast	Breakfast	Breakfast	8h-9h
	Official welcome get to know each others	Connection between emotions and our lives	My emotional intelligence as youth worker	9h30
	Coffee breaK	Coffee breaK	Coffee breaK	11h
	Hopes, fears, expectations, aims and objectives, Youthpass	Challenges and signs of low emotional intelligence	Mediation in theory, practice and feedback, dealing with emotions	11h30
LUNCH	LUNCH	LUNCH	LUNCH	13h-15h
Welcome icebreaKers !	Group building connected to the topic, Group contract	Improving emotional intelligence through theatre	Communication barriers in conflict	15h-17h
Coffee breaK	Coffee breaK	Coffee breaK	Coffee breaK	17h
Getting to Know the venue, each other, learning environment	What is emotional intelligence? Forecast group	Forecast group	Forecast group	17h30-19h
Dinner	Dinner	Dinner	Dinner	19h-20h
Welcome evening	International evening with locals	Movie evening	NGO Party	20h- ...

DAY 4 PREVENT CONFLICT	DAY 5 CONFLICT MANAGEMENT	DAY 6 NETWORK BUILDING	DEPARTURE DAY	
Breakfast	Breakfast	Breakfast	Breakfast	8h-9h
Research (needs analyses) to prevent conflict	European Youth Strategy	Introducing Erasmus+ Programme, idea and project development	Departure of participants	9h30
Coffee breaK	Coffee breaK	Coffee breaK		11h
Research (needs analyses) to prevent conflict	European Youth Strategy	Personal and group action planning: group communication		11h30
LUNCH	LUNCH	LUNCH		13h-15h
Cultural afternoon	Open Space: Sharing experiences and exploring tools	Finalise Youthpass		15h-17h
Coffee breaK	Coffee breaK	Coffee breaK		17h
Cultural afternoon Forecast group	Introduction of results of "open space methodology" Forecast group	Evaluation of the training course		17h30-19h
Dinner	Dinner	Dinner		19h-20h
Cultural night	Passion evening	Farewell evening		20h- ...

***Studio Progetto has the right to slightly change the programme according to group dynamics**

ACCOMODATION

HOTEL TRETTENERO
Via Vittorio Emanuele, 16 - 36076
Recoaro Terme (VI), Italia

To get more information about the accommodation you can look through the website of the hotel

THANK YOU !

WE CAN'T WAIT TO SEE YOU

progettazione@studioprogetto.org

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