

PRBB Intervals Course Proposal

1. **Course Title:** Effective team playing to achieve your goals - from bumper to booster
2. **Proposed date(s):** 14th & 15th November 2018
3. **Course Language:** English
4. **Course Leader(s):** Tobias Rodrigues - Master's in conflictology. Degree in philosophy. Effective team-player trainer. Professional experience in penitentiary institutions and hospitals with terminal patients.
5. **General description of the course (relevance and context for the PRBB)**
 - ✓ In 48 energetic, educational and entertaining hours, you will become enthusiastic about building positive and creative relationships at work.
 - ✓ You will incorporate specific and tangible tools to address the challenging conflicts that arise as part of your tasks and responsibilities.
 - ✓ The way you think, move, listen and talk will be redirected toward the effective management of challenges that are typical of a multicultural, multilingual, multi-worldview environment -- where excellence and thoroughness play an active role -- such as is the case of the scientific research park that PRBB is.
6. **Course Aim:**

Positively change the way you manage relationships and experience challenges and conflict in the workplace.
7. **Learning objectives (what new skills, knowledge &/or attitudes will participants go away from the course with?)**
 - ✓ Skills:
 - Thought & emotion management skills
 - Nonverbal communications skills
 - Context listening skills
 - Effective communications skills
 - ✓ Attitudes:
 - Professional & personal growth
 - Teambuilding
 - Self-confidence
8. **Training methods**
 - ✓ Interactive training
 - ✓ Positive and constructive feedback
 - ✓ Motivation & inspiration

9. **Target group in PRBB (Senior scientists, postdocs, predocs, management/admin staff, all residents)**
Career groups. Please see edition dates for details.
10. **Number of participants (maximum):** 10
11. **Total course hours (Please specify: a) direct training with instructor present b) required self-study.**
Note: only the direct training hours will be included in the post-course certificate.
16 hours of direct training with instructor. Self-study not required.
12. **Distribution of course (hours/days):** 2 days, both days from 9:30 to 18:30
13. **Course programme (outline of topics to be covered)**
 - ✓ Day 1: Learning through experience: observe and perform in order to boost your skills. You receive practical tips and tools to manage conflicts in a positive and rewarding way.
 - ✓ Day 2: You apply the steps in individual and group exercises. The continuous positive and constructive feedback you receive from everyone helps you amplify your personal transformation.
14. **Pre-course preparation (what preparation should participants do before the course – reading, online study, prepare ideas etc?):** Completion of a questionnaire (30 min. approx.)
15. **Material participants need to bring (laptops, etc...)** Enthusiasm!
16. **Relevant background reading/ audiovisual/websites or other materials**
<http://tobiasrodrigues.com>