

## PRBB Intervals Course Proposal

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1. **Course Title:** *Effective team playing to achieve your goals - from bumper to booster*
2. **Proposed date(s):** *17 & 18 October 2017*
3. **Course Language:** *English*
4. **Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)**  
*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. 8 hours each.**
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>**