



WORD OF EMOTIONS C1, Lund, 13-17 December 2021

TRAINING REPORT





On the 13th to the 17th of December, we had the pleasure to host the Word of Emotions training for AGIFODENT participants.

On the first day we had an event where the partners participated in activities that were led by Necmettin the Founder of Mobilizing expertise. The river of life was led by Karen Self one of the project managers at Mobilizing Expertise.



FIRST DAY :

River of Life

The River of Life exercise is designed to help people to reflect and discover different elements of your life. It is composed of different steps:

Reflect

Participants were asked to reflect on the course of their life. To think about important events, milestones, memories and people in their life.

They should also think about the shape of your river if your life was a river. Where are the bends, turns? Was your journey smooth or rough.

Are there rock boulders – obstacles, difficulties or life altering moments in your life. Are there points where your river flows more powerfully or slower.

Frame

This is where you draw your river and label and place both the big, memorable huge moments in your life that are part of you and that shapes you to the person you are whether it be good or bad.

Guide

Think about the persons in your life that are a part of the journey

Have there been significant losses or additions to your life

what groups or communities have played a role in your life?



Contextualize

Here you are reflecting again on your life's journey using words, symbols representations, pictures to show your life in the picture.

Evaluate

Using words depict or tell your life story using your river of life in front of you. You can make adjustments if needed anywhere along your river while you are sharing your River of life.



The Second Day

Mask making

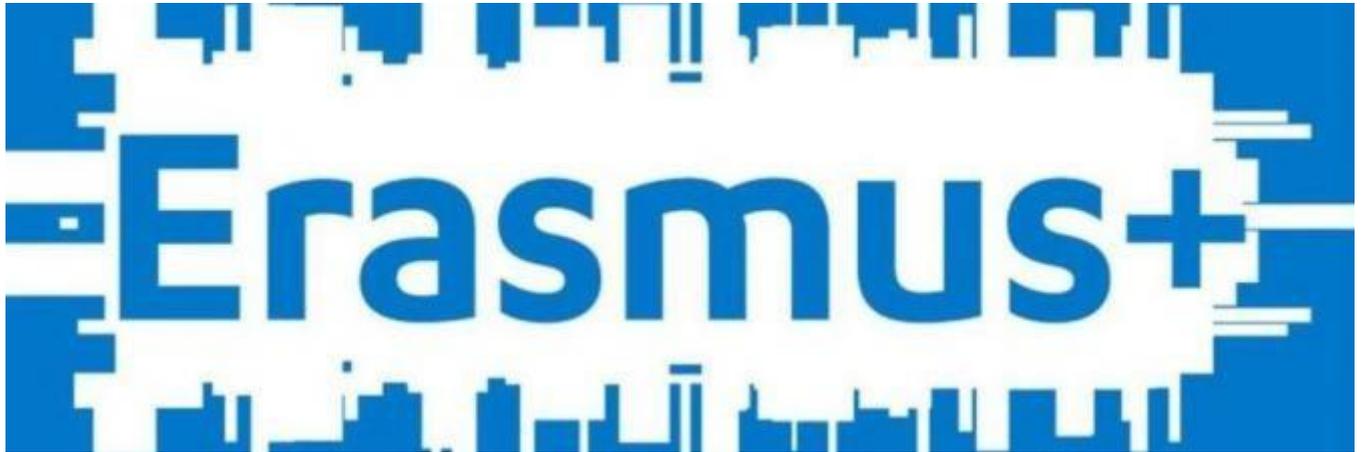
The other workshop was the Mask making which was led by Necmettin Maletti. The aim of this workshop was to have a creative way to express persons emotion on a mask. This activity also allows participants to be creative and gain the confidence to express them self and how they see others through the anonymity of the masks

Emotional Intelligence

We discussed "Emotional Intelligence" which Sandra Lamptey coordinated. s. The participants were thrilled with the knowledge they acquired from the workshop session and planned to use the information they received.

The topic discussed enabled the participants to understand how other people feel and react when their emotions are high and willing to assist people and treat others with respect and dignity.

After these workshops there was a tour of Lund. The tour was led by Karen Self who gave historical and fact about the city of Lund and Sweden. The tour included some of the most famous monuments and buildings in Lund such as the Lund Cathedral, Lund University and different museums.



3rd Day:

AGE OF EMOTION

For this part of the week, we worked on the impact of the age on the emotion changes.

Based on the World Coffee activity, the purpose of the workshop was to lead them in a deep reflexion around 3 main topics answering why and how our emotions change and how understanding this two first aspects can help us to manage our emotions in a day life.

All the groups worked around ten minutes on each question, answering according to the previous answers given by the other groups. Thanks to that, they could learn from others point of view and add their own. At the end, we discuss and exchange our different but complementary visions around the potential factors causing a change of emotion perception, interpretation and expression over the life course, the difference between our management of complex emotions when we are a kid and an adult as admiration or empathy for instance and to finish, which levers our comprehension of emotions can give us to get the best version of ourselves.



4-th day :

COGNITIVE BIAS AND EMOTIONS

Our cognitive biases come from all our past life. We get them from our experiences, education, culture, religion, social circle, social or political situation in our country and so much other sources. These biases make our own reality and create our subjective point of view. Because of them, we all react differently face to a similar situation. Based on that reaction, we feel of course emotions and we do express different emotions and with different intensity as well.

To show them how our believes and principals coming from our biases can change our reality, we asked them to work on a contentious tale, read it and try to range the characters from the guiltiest to the most innocent. At first glance, this activity looks easy, but it is not. At the end, working in group and sharing their own list, nobody had the same point of view, but everybody was certain to have the right result. Then, the participants tried to find a common list debating and sharing their personal feelings about the story. At that time, all of them understood how all our emotions and reactions can be influenced by our cognitive biases.



5th Day

Creative Drama

The 5th workshop was presented by Maëlle Michiels and used creative drama. During this workshop we talked about our emotions, our perception of it and the non-verbal language we can use to express it. But we also tried to understand how to perceive those emotions in other people.

Maëlle created a little presentation to introduce the participants to different emotions and to the activity that they will have to do, as well as the goal of it.

The activity was to make the others guess which emotion we were playing based on body language and noises, but without using any words!

The aim is to be more attentive to our body language than our words. Because many persons keep their emotions to their selves, but their body can speak out and convey differently. This activity also shows that it is important to be attentive to others.



At the end, the participants were evaluated and received certificates of attendance.