



Booklet of socio-emotional competences

Delivered to : _____

Delivered by : _____

For his / her participation in I-YES online training and intervention Programme.

Signature:

Date: __/__/201__

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Emotional skills –

Discovering the emotion world

	Competences partially learned	Competences learned
To Know and to comprehend the emotional system.		
To name the emotions and to enrich your vocabulary.		
Identifying the emotions from their verbal and nonverbal expressions.		
Improving the ability to be in tune with your feelings and to put words expressing your emotions.		
Being aware of the reaction diversity and what arouse within oneself various emotions.		
To notice that the emotions are varying in intensity and nature according to the context, time and people.		
Learning how to control your emotions and understanding those of others.		
→ Realisation of a specific unit about anger.		

**Competences in communication –
Learning how to communicate better**

	Competences partially learned	Competences learned
To know the key concepts of communication.		
To identify what helps or blocks communication.		
Improving the communication quality.		
To develop active listening and assertiveness.		
To gain an understanding of others.		
To solve problems and manage conflicts.		
To foster inter-personal support.		
→ Realisation of a specific unit about selective listening.		

Respect of others –

Developing a respectful attitude

	Competences partially learned	Competences learned
To apprehend the notion of respect and all the concepts that follow.		
To comprehend the impact of respect on feelings, attitudes, behaviours and competences.		
Being aware of the importance of self respect and assertiveness.		
Understanding the consequences of disrespect.		
To share responsibility		
To foster the understanding in relationships.		
To foster the acceptance of the other and of differences.		
To foster communication in the sharing of emotions and feelings.		
→ Realisation of a specific unit about assertiveness		