

### **WHAT? WHERE?**

Our organization NGO «NFE 4Y» organized training project
"Ukrainian Young
Peacebuilders", which was in the city Dnipro, Ukraine from 17.04.2023 to 21.04.2023 for 20 young people aged 15-30.

### WHAT WE DID?

In this project, we included a presentation, workshops, our experience and various activities that are aimed at promoting knowledge and skills, methods, tools obtained during the project «EXPLORE YOUR LIMITS».

# TOOLKIT WE USED

- 1 Mission impossible
- 2 Active listening
- Positive feedback and critical: differences, rules, practice. The hamburger method
- Time management exercise. Working under pressure
- Reflection: rules, practice















#### PARAPHRASE.

Try to paraphrase what the student said to make sure you understand and to show that you are paying attention.



8 Tips for



### LISTENING MAY BE ENOUGH.

We may be tempted to "fix" the problem, but at times, students just want us to listen.

### ASK QUESTIONS.

Ask questions to encourage the student to elaborate on their thoughts and feelings.





## EVALUATE THE CONVERSATION.

After you have fully taken in what the student has said, take a moment to evaluate the conversation.

### USE POSITIVE BODY LANGUAGE.

Show that you are engaged and interested by nodding, facing the other person, and maintaining an open and relaxed body posture.





# DON'T GIVE ADVICE TOO QUICKLY.

Allow the student to finish speaking before attempting to give advice. You want to make sure that you fully understand them first.

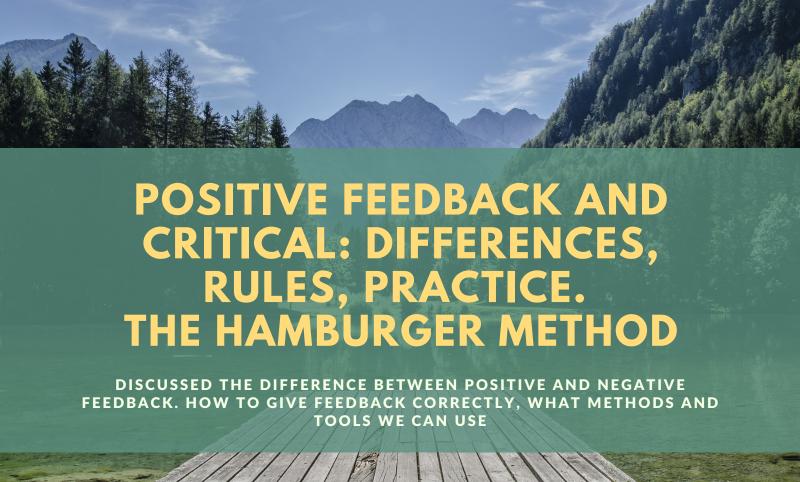
#### SHOW EMPATHY.

If the student voices negative feelings, try to validate them. Consider why they feel this way and put yourself in their shoes.

#### AVOID JUDGMENT.

Your goal is to understand your student's perspectives. Try not to interrupt with your own opinions while the student is speaking.















### 5 Finger Rule for Reflecting on the Day

