

REPORT C1 – SHORT-TERM JOINT STAFF TRAINING

29th November – 3rd December, A Coruña, Spain

SHORT OVERVIEW

The short-term joint staff training of the “Go Digital: Digital tools to manage stress and burnout” project, gathered 16 participants from the five partner organizations: **Asociación Cultural Integra** (ES), **SteppStrategieServiziSviluppo SRLS** (IT), **Academia Postal 3 Vigo S.L.** (ES), **Stichting Amsterdam European Mobility** (NL), **Stichting ZID** (NL).

The training intended to develop an innovative and effective methodology for training stress management. Each organization carried out two/three activities, covering a wide range of subthemes and skills from different perspectives.

DAY-BY-DAY ACTIVITIES

Friday 29th November – Place: Centro Cívico Ciudad Vieja.

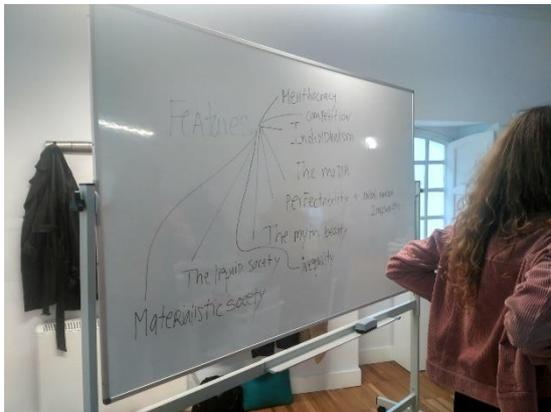
10.30-13.30: Presentation and introduction to basic concepts (Stepp)

During the first session, the project and the objectives of the training were presented. We had the first presentation of each participant.

Cameron Drew Turner, psychologist specialised on mindfulness, did a general introduction to **mindfulness** and how to manage stress through this practice. Also, we talk about **burnout** and how to identify pressure at work.

16.00-17.30: Understanding stress, basic concepts, causes and symptoms (Integra)

We talked about how the characteristics of the current society generate us stress, and how it affects us in our daily basis. We identified the symptoms distinguishing between body, mind, behavior and emotions.



After that, in order to be aware of the stress level the participants completed the "Perceived stress scale", the most widely used psychological instrument for measuring the perception of stress.

17.30-18.30: stress management and introduction to tai-chi (Postal 3)

In this session, we debated about stress management and stress identification. We had a short introduction to basic tai-chi movements.

Saturday 30th November – Place:Fundación Luis Seoane.

11.00-12.30: stress management and tai-chi (Postal 3)

We continued talking about how to control external stress factors. We learnt how to breathe properly and basic tai-chi movement series.



12.30-14.00: limits-no limits, theatrical working methods that explores personal boundaries as boundaries within a communication in the group (ZID)

Through a theatrical workshop, we worked on personal boundaries...



17.00-18.30: Interpersonal skills – different styles of communication (Integra).

We talked about what interpersonal skills are and the importance of these abilities for having good relationships with the people surrounded us and therefore, better comfort.

We focused on communication skills and the different styles of communication (passive, aggressive and assertive). We worked on the differences between them showing video examples and doing an activity in which, by groups, the participants had to match characteristics they had on papers with the type of style of communication.



After that, the participants did role-playings representing different situations with the three styles of communication.



18.30-19.30: Stress management App prototype (Postal 3)

We discussed about what the app (IO2) should include and how. We had a long debate of the best items and features this final app should have to be practical and useful to the future users.

Sunday 1st December: free day in Santiago de Compostela.



On Sunday we did a cultural visit to Santiago de Compostela. Santiago de Compostela is a world heritage city located half an hour from A Coruña.

**Monday 2nd December. Place: Morning, Centro Cívico Ciudad Vieja.
Afternoon, O Fiandón**

9.30-11.00: storytelling (ZID).

With the objective of improving our social and emotional intelligence by listening to stories from people who are different, we played StoryCatcher, a game created by ZID Theater, that helps people to tell their personal stories and share them with others. It is also a way to start the creative process of making a performance and do research into a certain theme.

11.00-12.00: laughing activity (ZID)

Using the StoryCatcher game, we tried to tell a personal story with a funny intention in order to transit from a more emotional state to a calmer one. In order to control stress is important to detect our emotional states and be able to pass from one to other.

12.00-14.00: write it off: how you can gain insight into your situation through creative writing and how you can work on it (Adamob).

In this session, we worked on the writing process, as a technique to identify and analyse our stress situations but also to relax and manage stress factors.

17.00-18.00: Let your body talk (Adamob)

In the afternoon we explored how our bodies felt through active and dancing exercises. We wanted to pay attention to the body as it is also a key part on the stress and burnout statement. Mind and body are connected and that is the reason we also wanted to let the body be and see how it reacts to certain stimulates.

18:00 – 19:00: Meditation (Adamob)

To close up the training we did a meditation activity to connect back again with our breathing and the present moment. We had a very intense day and training and was the perfect activity to close up. Also as Raquel the manager of Adamob said, it is an important practice to take into account and use on a everyday in order to tackle the stress and burnout XXI problematic

Tuesday 3rd December. Place: Centro Cívico Ciudad Vieja.

10.00-12.00: Final evaluation and certificate delivery

On Tuesday, before the departure of the participants we had a group reflection on the overall view. How the training went, what we learned and what could be improved. We also asked each participant to fill the individual questionnaire form and Integra as main coordinators handed out the attendance certificates.

