

WORKSHOP

SOCIAL EXPRESSIVE LABORATORY: TO MY LEARNING TO OUR LEARNING

13TH – 17TH February 2012

I'D LIKE TO BRING THIS EXPERIENCE

I'd like to bring this experience... in my daily day, I have the better self-confidence. When I'm speaking English. It is very important in my job. Words are empathic, positive, not aggressive are very important for my job and private life too **...because I think that...**for my life is important to be positive and positive thinking. The collaboration between people is important too. For me and for other people too. (*Jarmila*)

I'd like to bring this experience... to all groups to my friends, mostly parents with young children. Also I shall tell to people in my country not to hesitate in participating in that kind of international activities: this is possible and very useful **...because I think that...** methods that the new technologies and my learn in this workshop is very useful to improve relationships between family members and also friends and colleagues. (*Liga B.*)

I'd like to bring this experience... to the people of my country to everybody I know because it is a great experience of getting to know other nationalities, to be tolerant (train being tolerant and accepting) towards any kind of differences also found similarities and things to share with... **because I think that...** these kind of activities are giving benefit not only on an individual level, but also on a wider level, mainly on a social level, but I am more that other kind of workshop are beneficial in other ways-economical etc. Positiveness over all activities. (*Evija*)

I'd like to bring this experience... to my family, to my colleagues, to my friends and especially to me...**because I think that...** it is useful for all of us to know how to make friendship, socializing experience. How to express yourself in art, moving, dance, theatre. How to successful communicate in assertive way. We can easier understand, recognise other people communication methods – passive or aggressive and react in assertive way. If You are open minded it is easy to contact. People from different countries, ages, experiences, all together choose friendship, love, fun and knowledges. It is common values, and at the same time we are unique personalities. It is good to know English and communicate. ☺ (*Ilze*)

I'd like to bring this experience... all my friends and relatives who I think could use the methods that I learnt here in this week **...because I think that...** not only teachers or people who work for with children can find this workshop useful, but everybody who wants to get to know himself/herself better and wants to make new friends and have found new experiences about life or relationships. (*Edina*)

I'd like to bring this experience... to my relationship with my friends and parents, family and at work; to my daily life, with people that I meet for the first time; in my relationship with myself **...because I think that...** it is good way to express yourself more easily and discuss with people in a free way, not be afraid of share feelings and thoughts, especially in a different language. (*Emil Paul*)

I'd like to bring this experience... to my friends and family first of all, as well as to the members of my team whom I will lead towards our common goals/vision in my next job...**because I think**

that... the techniques that I have learnt in this workshop can maintain the integrity of any team in a good way by creating an inspired atmosphere, engages people in their task, lift up people's mood, create emotional bonding, promote team spirit, raise the confidence level to the individuals and brings a lot of joy to everybody. (*Szabi*)

I'd like to bring this experience... my trainings and also in my personal life. I'll remember always from good memories. ☺ **...because I think that...** this workshop was good planned. The process was successful. And chosen subjects were related to communication and society. Thank you a lot ☺. I'm happy and satisfied. (*Esra*)

I'd like to bring this experience... my friends and people will meet; the future participants to the course will organize; my organisation - Edunet Association from Ro; further employers; when I will have children **...because I think that...** everyone needs to learn how to express feelings and status not only through assertive verbal language but also in an artistic way; mindfulness, dance and theatre therapy painting are good methods to teach many things. It is easy to apply in daily life can be applied at different places and companies. (*Anca*)

I'd like to bring this experience... my colleagues at school, to inform my headmaster and school inspector about this type of workshop through a PPT presentation; my friends telling them about this particular workshop; my daughter; students and their parents; community (local community) **...because I think that...** it is important to share my experience in the workshop, to explain the different kinds of communication (assertive, passive, aggressive) and how one can transform and aggressive behaviour into an assertive one (either in private life and at work). Also a good point is to create and encourage groups relationship based on a positive way of thinking. (*Daniela*)

I'd like to bring this experience... in my daily life when I'll communicate with others; in my job. I would like to manage some kind of course for them -> to show difference how they can react in different situations and understand better each others...**because I think that...** I give for me – easier understand other people, easier react to their attitude – maybe sometimes better explain my feelings; I can give better results in the job in the employees work as a team. (*Liga R.*)

I'd like to bring this experience... to school that live this workshop and its usefulness: it is an exemple for my school **...because I think that...** and I believe it is successful. (*Ali*)

I'd like to bring this experience... to my city and my school. Because I think dissemination of this workshop is important. I want to do this by using your techniques. In my school, many teacher will have an interest about it. Also, I want to represent it by using powerpoint at my lessons. Maybe by using pictures and writing the results of the activities. You know a lot about YOURSELF here **...because I think that...** this workshop helped me to revise myself. I learnt how to be controlled or I learnt sharing, physically and emotionally my feelings from other creativity and drawing and painting and feelings. It helped me to improvey project part of brain. (*Bahar*)

I'd like to bring this experience... to Bulgaria to my friends and to NGO's that I'm working for, also to my partners that we work together **...because I think that...** in my country not so much people and organization at that have experience like the others one countries from European Union. I think if I share my experience that I get this week in this workshop it will be useful for Bulgarian people that looking for possibilities to grow up and for lifelong learning. (*Albena*)

I'd like to bring this experience... different perspectives in different projects and different partnerships under LLP Programme meeting different people from different part of the world. Way to bring different contact in a large perspective. I'd like to share this experience with my co-workers. My students and other teacher who are interested in such international activities

...because I think that... coming together with people from different parts of the world, sharing and exchanging ideas, knowing each other is really effective to create an international awareness we have new different contacts from different parts of the world and we can lead other people guide them who are interested in such international activities. (*Işil*)