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Agenda of the training course:
“101 First STOP-Emotional intelligence in NFE”

	17.05.2026. Day 1	18.05.2026. Day 2	19.05.2026. Day 3	20.05.2026. Day 4	21.05.2026. Day 5	22.05.2026. Day 6	23.05.2026. Day 7	24.05.2026. Day 8
8:00 – 9:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 – 11:00	A R R I V A L	Similarities and safety Differences and group alliance	Principles of NFE Emotional intelligence introduction STOP	SEL workshop: Anger management Stress-regulation techniques	SEL Workshop Social awareness-Empathy Social management-Conflicts	Workshop designing teams	Applying MH educational activities	D E P A R T U R E
11:00 – 11:30 Coffee Break								
11:30 – 13:00								
13:00 – 14:30		Lunch	Lunch	Lunch	Lunch	Lunch		
14:30 – 16:00								
16:00 – 16:30 Coffee break								
16:30 – 18:00		<p>Welcome circle. Curiosity and awareness.</p> <p><i>*Starting time of this session will be agreed with participants, based on the arrival times.</i></p>	Country realities of wellbeing and MH support programs European Youth Goal 5 and Positive Mental Health TC approach	Supportive relationships and the learning brain SEL Workshops: Dear Fear	Active (SELF) self	Experiential learning-reflection cycle Intro to design NFE	Workshop designing teams	
19:00 – 20:00	Dinner	Dinner			Dinner	Dinner	Dinner	
20:30		INTERCULTURAL EVENING			NGO Fair			