

DRAFT TIMETABLE: Steps towards connection

arrivals on 16.07	DAY 1 (17.07)	DAY 2 (18.07)	DAY 3 (19.09)	DAY 4 (20.07)	DAY 5 (21.07)
8:00-9:00	breakfast				
9:30 – 11:00 Session 1	Getting to know each other, looking for common needs, program overview and setting the common rules	Connecting to feelings. Embodied practice	Request practice	Kinesthetic empathy and self-regulation of emotion	Planning dissemination
11:00 – 11:30	break				
11:30 – 13:00 Session 2	Coming back/ introduction to HRE	Connecting with thoughts and judgments	I message	Mediations of needs. Group and internal conflicts	Celebration and mourning, evaluation
13:00 – 15:00	lunch				
15:00 – 17:00 Session 3	Intro to the NVC model: how can it be useful for you. Basic vocabulary - feelings and needs card game	Practicing the language of facts. Connecting with needs.	Transforming the image of enemy	Role cards: connecting all the steps	Feedback Islands
17:00 – 17:30	break/ Empathy buddies practice				
18:00 – 19:00	Regeneration time/ making the videos for online training	Regeneration time/ making the videos for online training	Regeneration time/ making the videos for online training	Regeneration time/ making the videos for online training	Making the videos for the online training - participants testimonials
19:00 – 21:00	dinner				
21:00 - Evening activities	Maybe kayaks in the afternoon (will require slight changes in the program hours)		Sauna		Party organised by participants

