

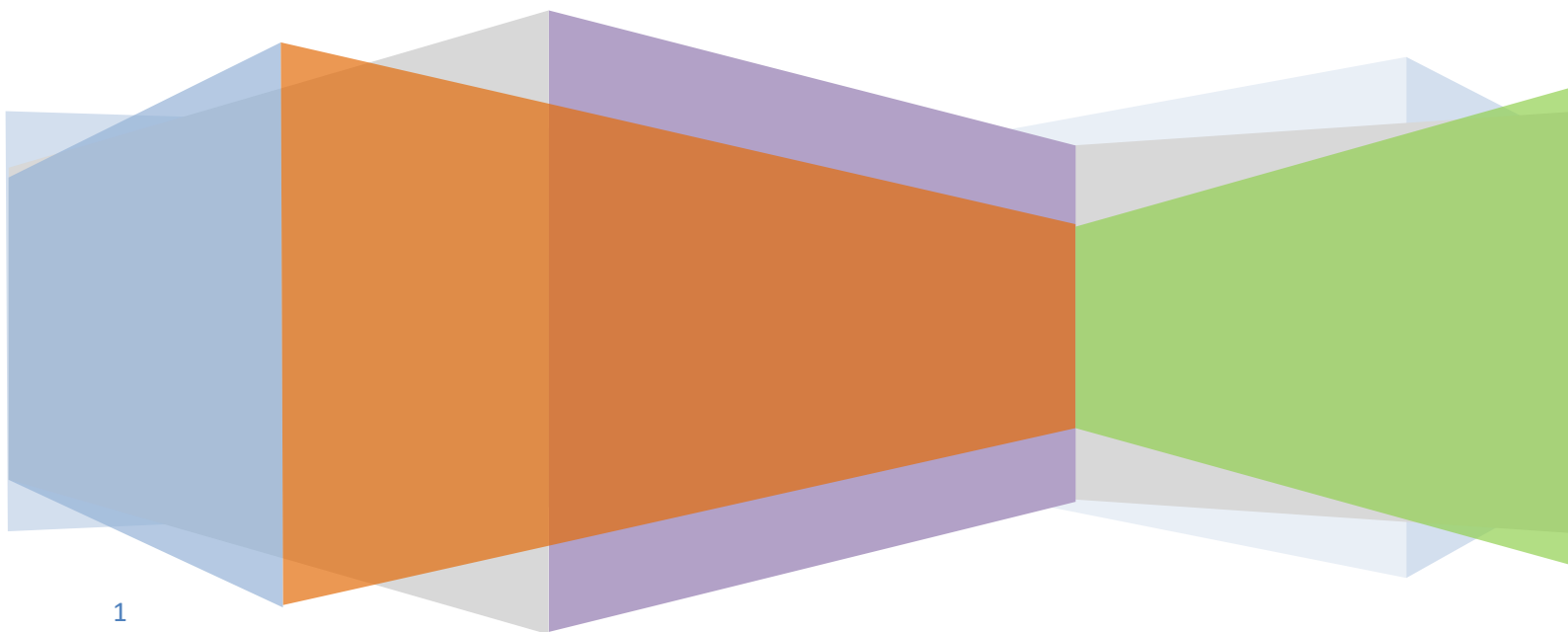


IO2. Task 2.2

Work slowly, work better

Training toolbox

Emotional Balance - Interpersonal



1



NAME OF THE TOOL: The star of balance

ORGANIZATION AND COUNTRY: Indepcie, Spain

Online Face to face

Overview (What I am going to learn?):

This activity is intended to make participants aware of the influence of other people's relationships, which can maintain or damage our emotional stability.

Objective (What am I going to learn it for?):

To create a bond with our co-workers to ensure a pleasant working environment.

Materials:

No materials are required

Time:

Between 15 and 20 minutes

Target group:

Workers and employees of a company

Instructions for facilitators

This activity can be done with a group of about 10 people. It is not necessary for the facilitator to enter the dynamic, but it may be necessary if there are few people. If the group is very large, a large space will be required since we are going to form a circle.

It can be done indoors and outdoors.

Tasks and procedure

1. We get the participants to stand in a circle and we assign a number to each one, like this: one, two, one, two...
2. The participants hold hands until the circle is tense. Then, without letting go of each other, the people with the number one take a step forward, while the people with the number two take a step backwards.
3. This has to be done slowly, in order to find the balance without accidents. Once the balance has been found, it is only necessary to let some time pass for the participants to realise how this balance of forces works.



4. The participants take steps again, but this time in reverse. That is, number 1 takes steps backwards and number 2 takes steps forwards, and so on.
5. Once the game is over, we move on to reflection.

Adaptation to online implementation

As this activity requires physical contact it would be difficult to implement online.

Connection with the skill

This activity teaches us that everyone involved in a relationship, in this case a working relationship, is responsible for making it work. We have to focus on cooperation, common good, mutual benefit and conflict resolution. Relationships at work influence employee satisfaction and even the productivity of the company.

Conclusion and evaluation

Participants should have gained some understanding of the need to work as a team and to be empathetic and cooperative with each other in order to maintain balance. At the same time, this balance represents our emotional stability, which can be affected by the actions of others but can also be maintained with the help of others.



Co-funded by the Erasmus+ Programme of the European Union

Co-funded by the Erasmus+ Programme of the European Union



Slow, Necessary And Improves the Level

www.slow-work.eu

