



Jelgavas Zonta klubs

<https://www.facebook.com/jelgavaszontas>



Co-funded by
the European Union

Erasmus+ Small scale project 2022-2-LV01-KA210-ADU-000101861 ¹

COOPERATION TO RAISE AWARENESS ABOUT VIOLENCE AGAINST WOMEN

RESPECTFUL COMMUNICATION

Katrina Kreile

Journalist and communications specialist

Amount: 6 academic hours

Objective of the training module:

Prepare support group members to help women talk about violence in the family, workplace, digital environment, to be aware of their problems and to solve them.

Learning outcomes:

- After learning this course, training participants understand the essence of respectful communication, its basic principles
- Must be able to assess communication barriers and use different methods to overcome them;
- Understands the importance of constructive feedback and knows its techniques;
- Know how to apply the discussed methods and techniques, when making awareness about violence against women in reproductive activities in society.

¹ Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Training programme

<i>No</i>	<i>Time*</i>	<i>Activity</i>	<i>Comments</i>
1.	5 min	Course information and introduction	
2.	10 min	What is communication, its types	Video (optional): What is communication - 5 min https://www.youtube.com/watch?v=ORv-EhdXh_Y
3.	15 min	Understanding the concept of "Respectful communication" - theoretical presentation	The trainer collects examples of respectful communication on the board
4.	15 min	Communication in the work environment	A discussion on the benefits of positive and inclusive communication
5.	30 min	<i>Practical activity:</i> respectful communication in practice	<i>Objective:</i> To help participants understand the importance of respectful communication and experience its impact.
6.	40 min	Core principles of respectful communication: a) Active Listening, b) Empathy, c) Nonviolent communication, d) Respect boundaries, e) Equal opportunity, f) Appreciation & feedback	<ul style="list-style-type: none"> • <i>Active & empathetic listening:</i> what one wants to achieve, how to listen, what to avoid, what to do, what we communicate, problems in the process of active listening. • <i>Video:</i> https://www.youtube.com/watch?v=oWe_ https://www.youtube.com/watch?v=SnCJlQxbeY • Look at different examples: <ol style="list-style-type: none"> a) observation – feeling; b) need – request; c) u.c.
7.	30 min	<i>Practical exercise:</i> empathic listening	After the activity, the opinion of the training participants about the activity is collected
8.	20 min	Communication barriers and overcoming them: a) Psychological barriers b) Noises and disturbances c) Lack of attention or interest d) Cultural and societal differences e) Lack of feedback	<ul style="list-style-type: none"> • Communication with training participants - the trainer collects examples of respectful communication barriers on the board. • This is followed by a theoretical presentation of the topic. • Recognizing gender stereotypes and prejudices.

9.	25 min	<i>Practical activity:</i> bias awareness journal	<i>Objective:</i> To promote awareness of unconscious biases through self-reflection and journaling.
10.	20 min	Effective feedback and conflict resolution	Constructive feedback techniques: <ul style="list-style-type: none"> • Specificity; • Balanced; • Timeliness; • Empathy; • Goal-Oriented Strategies for respectfully navigating difficult conversations: <ul style="list-style-type: none"> • Active Listening; • Empathy; • Stay Calm; • Use "I" Statements; • Focus on Solutions
11.	20 min	<i>Practical exercise:</i> conflict resolution role-play	<i>Objective:</i> To practice conflict resolution skills through role-play in a simple and accessible way.
12.	15 min	Creating an inclusive workplace culture	<ul style="list-style-type: none"> • Promoting gender equality and equity – objectives, strategies, benefits. • Recognizing and celebrating achievements – objectives, strategies, benefits.
13.	15 min	<i>Practical activities,</i> that can help you practice respectful communication with women in the workplace	Any at the trainer's discretion: <ol style="list-style-type: none"> Two Truths and a Respectful Response. Active Listening Bingo. Compliment Chain. Appreciation Cards
14.	10 min	Summary	The trainer collects information, thanks the participants and closes the topic.

* The duration of the activities can be adjusted depending on the profile, competences and interests of the training participants.