



EURIE Training For Turkish Universities

22 Kasım 2019

TRAINING CONTENT

EURIE Training Part I

- Mindfulness session

1. The evidence for mindfulness
2. The pressures of an international office
3. A 10 minute practical exercise
4. Energy depletion: Four things to change in your working day
5. Three memorable quotations to refocus your working life

- Coaching for more effective international recruitment

Coaching skills are well established in the corporate world as a means to improve the well-being and performance of individuals, teams and organizations. This is about empowering students and staff to make better decisions, take control of their learning or career development and challenge themselves to achieve the success which they deserve. At a time when workplace stress is widespread, uncertainty about the future is prevalent across the globe and people struggle to find their motivation and purpose, working with a coach can make the difference between long-term success or disappointment.

- NLP workshop: understand and communicate better

Practical NLP skills for better understanding and communication. Neuro-Linguistic Programming is a set of concepts and tools that aim to create and replicate success. It focuses on how the brain perceives the outside world, how our language patterns affect our communication and how our beliefs and habits can shape our future.

This interactive session will invite delegates to examine their own responses, values and attitudes, and show how they can be aware of how and why others differ in their approach. Better communication delivers better understanding - delivers better results!

EURIE Training Part II

Erasmus+ Youth Program is a mobility opportunity for all young people. Although Higher Education Program is highly linked with academic dimension of the participant, youth program is related to hobbies and interests of the participant. When it comes to interest and hobbies, the motivation of participant raises. Youth Exchanges are tools for young people to go international and gain experience on interesting topics. It's a kind of mobility that even students can take part without concern of failing due to absence. On the other hand, EVS/ESC provides a new life path to students. Spending up to one year in a foreign country and joining a cause to help foreign society is a maturing experience for young people. As universities we should be supporting our students to graduate from our institutions as responsible, experienced and matured.

EURIE Training Part III

This session aims to give information about "Internationalization at Home (IaH)" to the officers of International Offices in Turkey. Although the concept is very popular, it is important to learn the content and means to realize IaH. During the session, the best methodologies to apply IaH and what can be possible obstacles to apply them will be also discussed. Through a brainstorming session with the participants, it is aimed to find out the ways to cope with these obstacles and make Turkish universities to gain more benefit from IaH practices.



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