

The Group First

- Europass Athenes Trainer :
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europass
Teacher
Academy

Atena – venim!





Europass Teacher Academy



Knowing a Few Greek Words

Most Athenians speak English, but it's still important you learn a few Greek words!

Kalimera – good morning

Kalispera – good evening

Kalinichta – goodnight

Yia sou – hello or goodbye

Parakalo – please/you're welcome/ (also used when answering the phone)

Ti kanis? – how are you?

Thelo – I want

Efcharistó – thank you

Nai – yes

Ohi – No

*Tips to move
around Athens!*



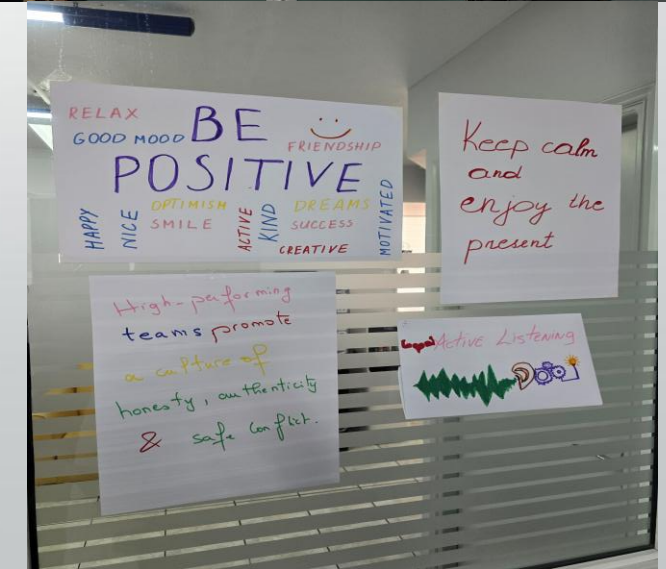
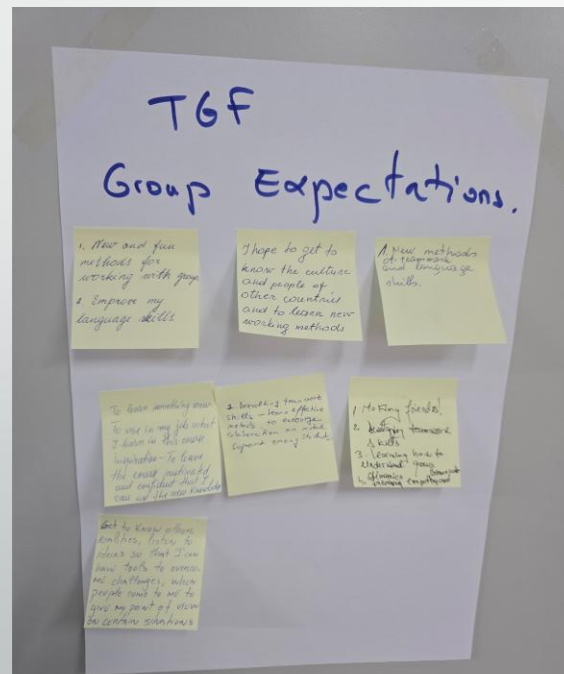
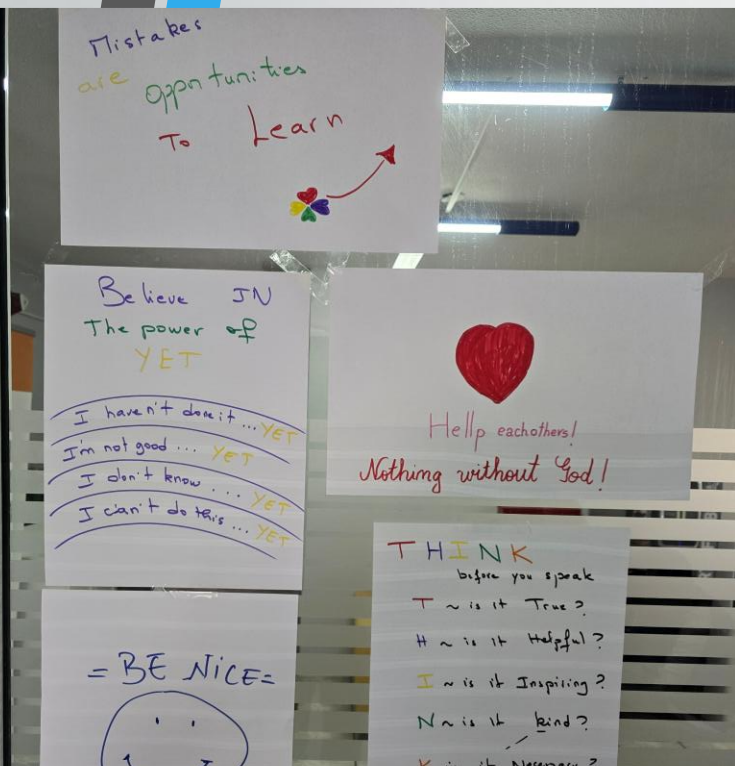
The Group First (Day1) Setting the group environment

Group Activity
Think – Pair – Share
Time : 15 min

0. Set up the right and safe environment for the group

How it works:

1. Each person in the group choose up to 3 rules that should be part of the group rules
2. Each person in the group, choose 1 quote to decorate our work environment
3. Work in pair to build the environment (rules , quotes, any other ideas)
4. Share it



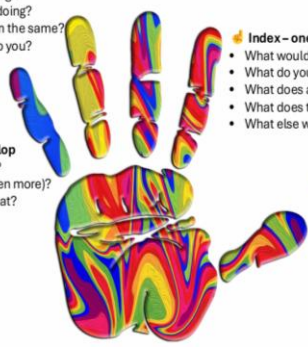
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The Group First (Day1)

1- The High Five Self Presentation

Think – Pair – Share
Time : 10 min

- Ring finger – Loyalty**
 - What do you really love doing?
 - What do you want to keep doing?
 - What do you want to remain the same?
 - Who or what is important to you?
- Middle finger – What do you no longer want?**
 - What do you still find difficult or challenging?
 - What would you like to change or do differently?
- Index – one step closer to your wish/future**
 - What would you like to work on?
 - What do you wish you could do (even) better?
 - What does a next step forward look like for you?
 - What does that step look like — what would I see you doing?
 - What else would you like to learn?
- Little finger – To grow and develop**
 - Where is there still room to grow?
 - What do you want to improve (even more)?
 - What would you like to get better at?
- Thumb – "Well done!"**
 - What are you proud of yourself for?
 - What are you already good at?
 - What are you proud of?




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The Group First (Day 1)

4- Concentration activity

Group Activity:
Time : 15 minutes

1. Concentration Activity – "The Silent Countdown Challenge"

How it works:

- The group stands in a circle or stays seated.
- The goal is to **count from 1 to 20 together** — one person at a time, **no overlapping**.
- Only one person says a number out loud at a time.
No one is allowed to signal or plan who goes next!
- If two people speak at the same time → **Back to 1!**
- Fun twist: the numbers can be said in **funny voices** (robot, witch, opera singer...) or with **crazy gestures**.

Goal: focus, active listening, teamwork, self-control



The Group First My process communication Profile



Communication Model

Developed by psychologist **Taibi Kahler in the 1970s**

Based on:

- Eric Berne's Transactional Analysis (Theory of Social Relationships)
- The Three Entry Gates of Communication by psychotherapist Paul Ware

PCM & Conflict Style

The Group First Your conflict style

Group Activity
Think – Pair – Share
Time : 15 min

→ LET'S FIND OUT YOUR CONFLICT STYLE!



Scan the QR code to discover how YOU deal with tension and conflict. Learn new ways to work skilfully with your conflict style.



www.lewisdeepdemocracy.com

The Group First My process communication Profile



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Comunicarea nonviolentă

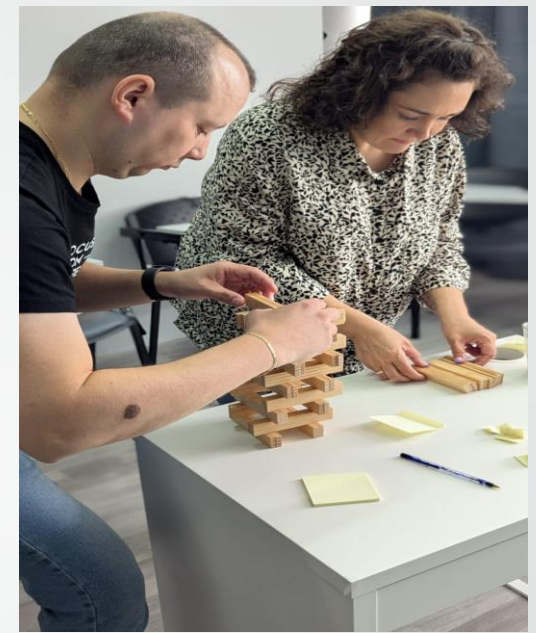
The Group First What is NVC ?

🎯 **Nonviolent Communication (NVC)** is a communication method developed by Marshall Rosenberg. It focuses on fostering **connection and understanding by emphasizing empathy and expressing needs without judgment or blame**. NVC is often used in personal relationships, education, workplaces, and conflict resolution.

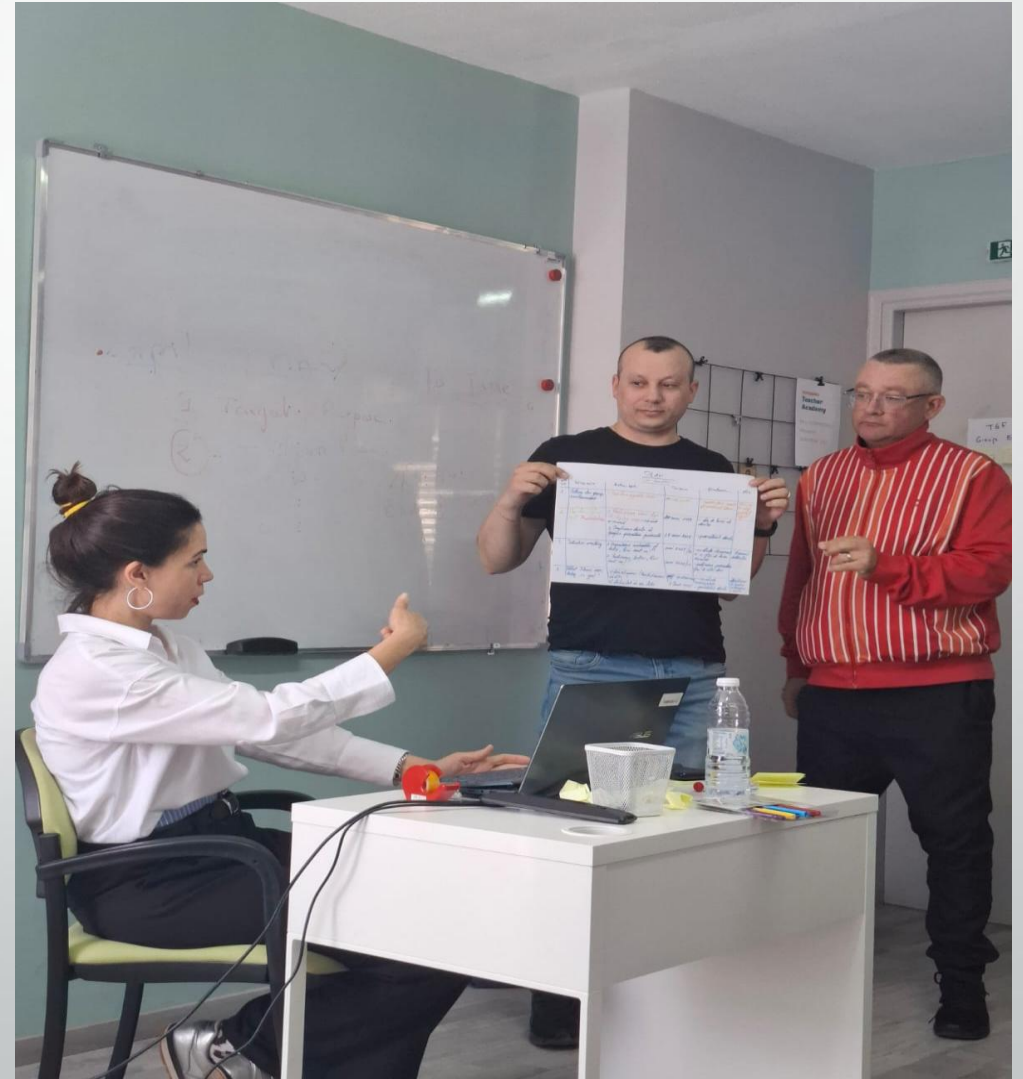
- **Core components:**

- **Observation:** Describe facts objectively without adding interpretations or judgments.
 - Example: Instead of "You never listen to me," say, "When I spoke earlier, you were looking at your phone."
- **Feelings:** Express emotions rather than accusations.
 - Example: "I feel unheard" instead of "You don't care."
- **Needs:** Identify the unmet needs behind those feelings.
 - Example: "I need to feel valued when I share my thoughts."
- **Requests:** Make clear, actionable requests to meet those needs.
 - Example: "Would you be willing to put your phone away while we talk?"

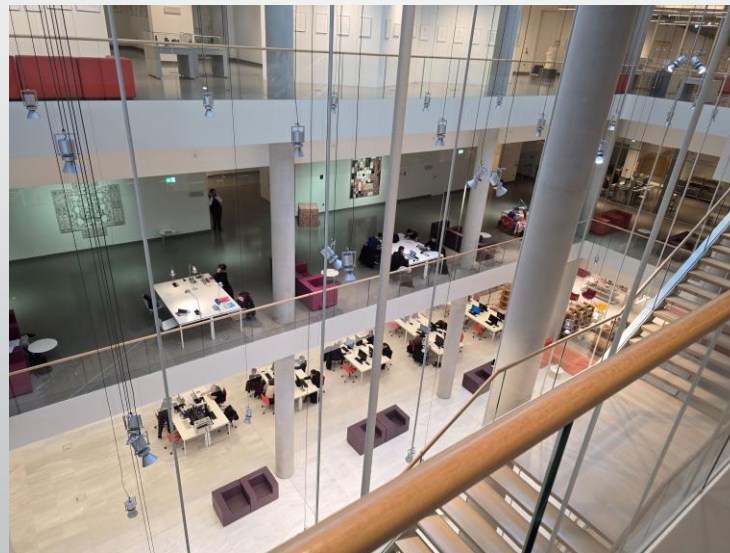
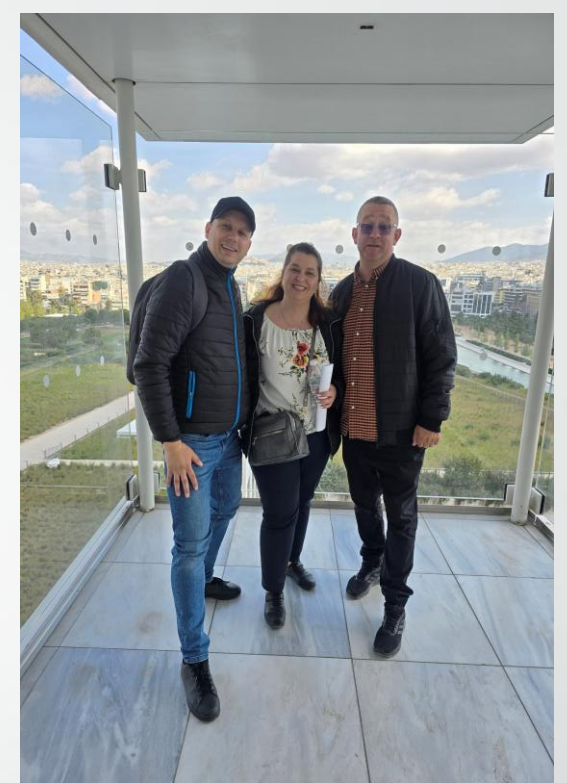
Tower of Harmony



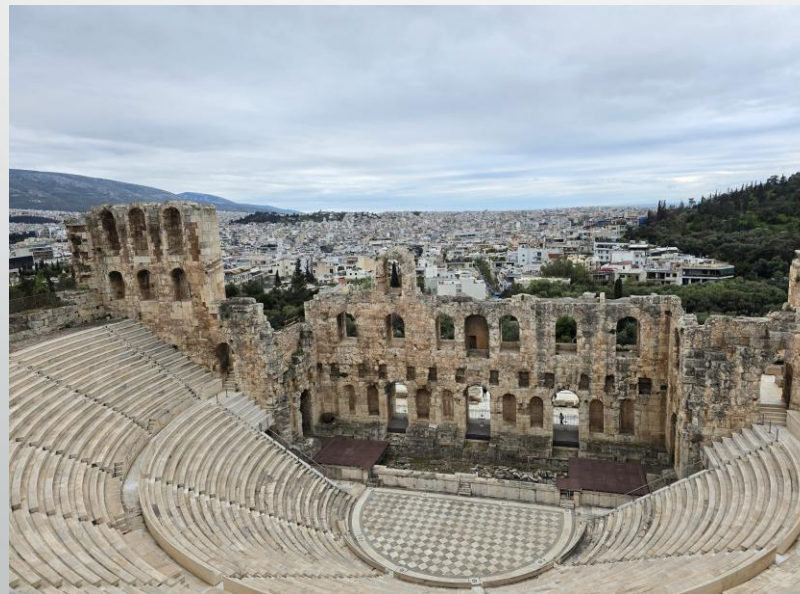
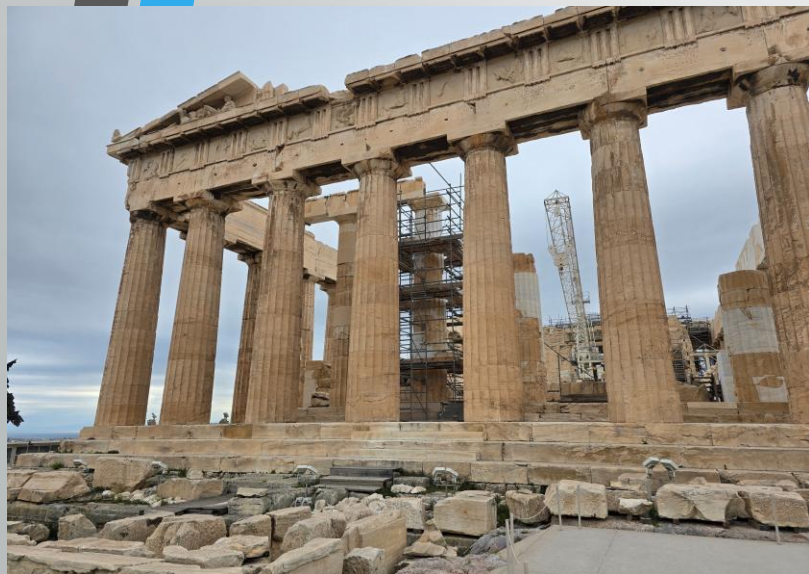
Cum vom aplica acasă cele învățate

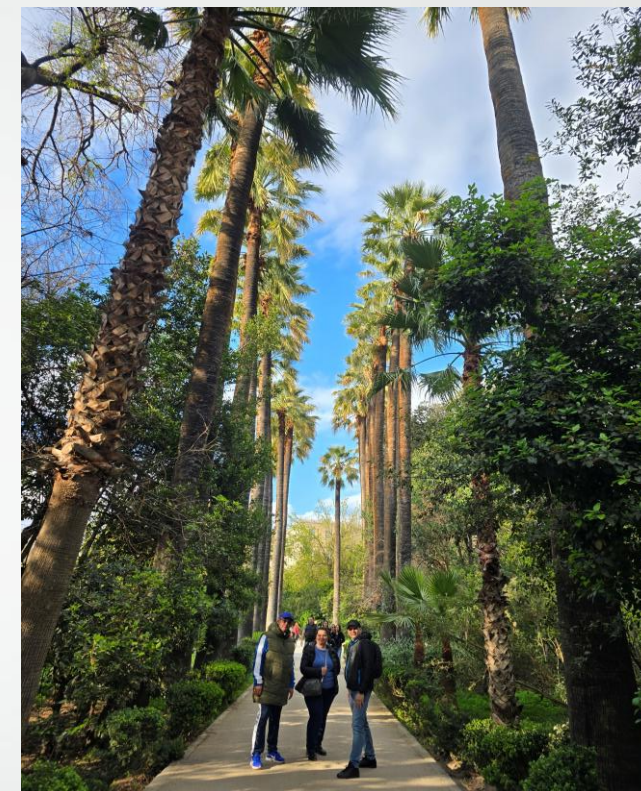


Curs final

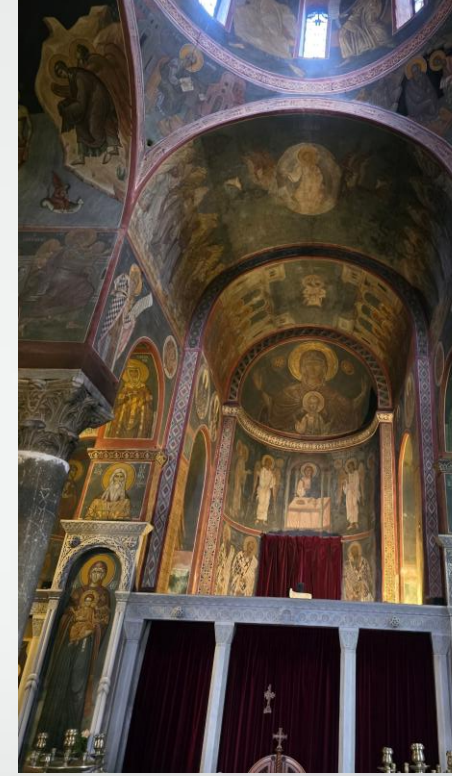
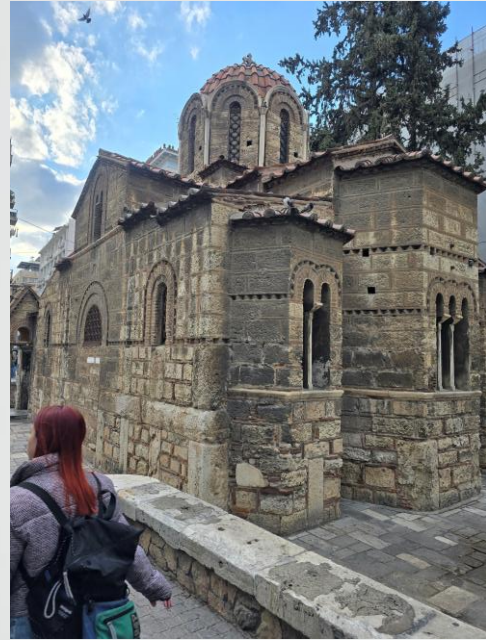


Activități culturale și recreative (Team building)

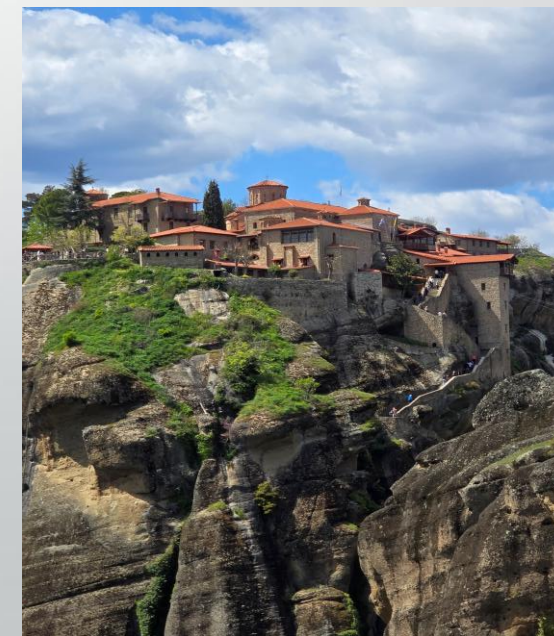
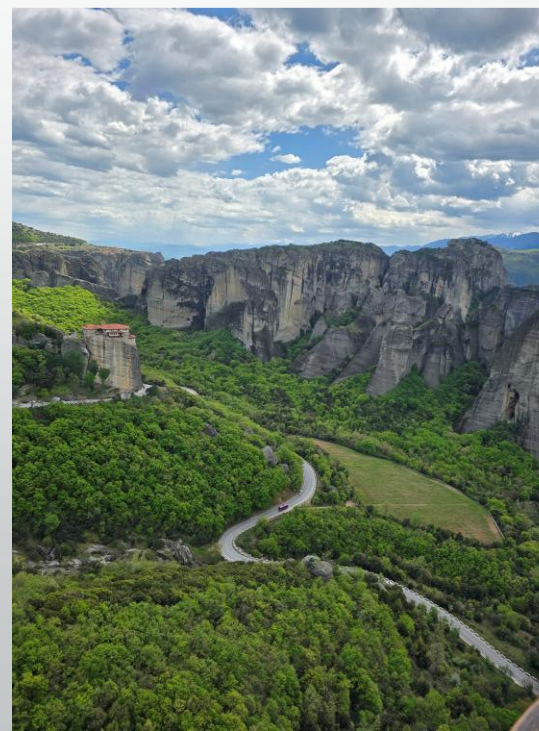




Ortodoxia în Atena



Mai aproape de Dumnezeu - Meteora





România venim 😊

