

## **SOFT SKILLS LABS: HOW TO DEVELOP TRANSVERSAL SKILLS – 6 CFU as Extra Activity**

*The proposed modules aim to acquire the fundamental knowledge and skills for the management of **relational dynamics** within organizations and to promote wellbeing in business contexts, bearing in mind that a good training path must be able to operate on three fronts: know, know how to do, know how to be.*

*The tools that will be transmitted will serve to acquire the necessary skills (**soft skills**) to promote organizational well-being by enhancing the same economic objectives that the company has set itself.*

***Promoting the empowerment of human resources** and achieving high levels of **engagement** are the new frontiers of application research aimed at companies that promote a vision where economic objectives are as important as the goals of wellbeing achieved within the organization.*

*The ability to **communicate** assertively and effectively, the ability to **cultivate motivation** and develop self-esteem in the company, promote the **development** of authoritative charismatic leadership and transform **team work groups**. This is practical knowledge that students will acquire during the training course.*

*Students will be able to **make decisions autonomously** regarding the relational situations that can be recognized and managed thanks to the skills acquired.*

*Communication skills represent the fundamental prerequisite for an excellent realization of the acquired soft skills. In this sense, to promote the development of such skills, an entire module dedicated to public speaking has been provided and, in addition to the frontal teaching of each training module, there are experimental laboratories where they can practice the communicative skills of the learners.*

*Students must have acquired the ability to recognize relational dynamics in various contexts and know which tools to use to intervene effectively.*

### **Contents:**

1. Effective communication within the organizations
2. Motivation and organizational change
3. Development of self-esteem in organizational contexts
4. How to promote leadership development
5. How to manage and lead work groups: the moderator's skills
6. From the work group to the team: team building
7. The organizational well-being that enhances company objectives and performance
8. Public Speaking

The seminar will be held by **Cinzia Cerbino**, relational counselor, who have founded pianetastartup.com.

The lectures will be held every Monday (from 9 AM to 11 AM) and Friday (from 3 PM to 5 PM) on the second semester (from February 18 to March 29, 2019).

Students who are interested in this seminar are required to fill-in the following module within November 25: <https://goo.gl/forms/aS5Zv8G0BAgKo6QC2>