

Syllabus of the training module Flexibility

Module/Workshop Title	FLEXIBILITY
<p>Learning Outcomes Indicate knowledge (facts, principles, theories and practices that characterise the workshop) and competences (ability to apply said knowledge) that the participant must acquire until the end of the course. They will set how the participants will be able to apply the material, both in class but also in a broader manner.</p>	<p>It is expected that by the end of the workshop participants are able to successfully understand what “Flexibility” means, to increase their ability to adapt to new contexts, to anticipate several types of scenarios and/or outcomes, and to develop multi-purpose strategies.</p> <p>A broader awareness of the relevance of this competence is to be developed through the analysis of content that shows the world-wide evolution throughout the past years, as well as possible future scenarios as a way to prepare for the unknown.</p> <p>Some moments of group reflection will be provided so as to answer some questions related to the topic, and guidelines will be provided concerning the current context and the need for adaptation.</p> <p>After the workshop, participants should have developed the following competences:</p> <ol style="list-style-type: none"> 1) Knowledge: identifying the characteristics of a flexible personality and the obstacles that might hinder the ability to adapt. 2) Skills: to be able to use self-reflection tools and strategies. 3) Attitudes: to explore and to be aware of how prone one is to change and to be able to cope with unexpected situations.
<p>Course Content and Goals Brief description of the course content, which skill(s) will be trained and the main topics covered that will allow students to achieve the expected learning outcomes.</p>	<p>This short workshop basically consists in guiding a reflection on the concept of flexibility and adaptability through the use of a video. The duration can be adapted from a minimum of 45 minutes to a maximum of 1h, 1h 30’, leaving more room for the interactions of the participants.</p>

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	<p><i>Programme</i></p> <ol style="list-style-type: none"> 1. What is flexibility? - 5 minutes 2. Analysis of video(s) on the topic and reflection about the content - 15 minutes 3. Discussion and guided reflection on the main concepts contained in the video - 25/40/70 minutes <p><i>Goals</i></p> <ol style="list-style-type: none"> 1. Raise awareness of the concept of flexibility and its importance in the labour market 2. Provide guidelines and tips for the adoption of a flexible behavior 3. Reflect on cognitive style
<p>Methodology</p> <p>Specify what the teaching method is (workshop with a theoretic part and exercises, role plays, games, simulations, questionnaires...) and how the proposed training activities respond to learning objectives. Indicate if any specific software or applications will be used.</p>	<p>The methodology used in this module will have theoretical and reflective components. The action starts with a theoretical presentation of the concept, putting it in contrast with the participants' point of view on the concept (use of an online polling tool such as menti.com). After a brief introduction to the concept, participants will watch a video about the world-wide evolution throughout the past years, as well as possible future scenarios as a way to prepare for the unknown; a moment for group reflection will ensue.</p> <p>The remaining moments for reflection may be complemented with the use of digital tools, such as menti.com, to analyse different questions.</p>
<p>Bibliography</p> <p>Indicate a brief bibliography with reference texts, slides, tools, etc.</p>	<p>“How adaptability will help you deal with change” Jennifer Jones TEDxNantwich https://www.youtube.com/watch?v=Wur3RaGNRS8</p> <p>“Adaptability creates opportunities” Jasper Reid TEDxFMS Dehli https://youtu.be/hXqgruJF9gl</p> <p>“Adaptability in the workplace” Knowledge Access Udemy https://youtu.be/rlmX1yWt_SI</p>

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	"Shift happens. Did you know?" 2021 José Esteves https://youtu.be/fbcMPGyPr8k
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