

THE NAME OF TRAINING	TRAINER	THE CONTENT
Stress Management	Kadir ÖZDEN (Psychologist, MA)	<ul style="list-style-type: none"> <li>• What Is Stress? What Are The Symptoms Of It? What Makes Us Stressed?</li> <li>• How Can We Overcome The Stress?</li> <li>• Practice: Methods of Breathing And Relaxation</li> <li>• Practical Suggestions</li> </ul>
The Colour Of Emotions	Ayça Aysun UĞURLU (Lecturer)	<ul style="list-style-type: none"> <li>• What Is Emotion? What Are The Features Of Emotions?</li> <li>• Our Main Emotions</li> <li>• The Language of Colours</li> <li>• Practice</li> </ul>
Communication Skills and Body Language	Kadir ÖZDEN (Psychologist, MA)	<ul style="list-style-type: none"> <li>• The Main Lifetime Skill: Communication</li> <li>• The Empathy in Interpersonal Relations</li> <li>• Beyond the Words: Body Language</li> <li>• Practice and Exercises</li> <li>• Practical Suggestions</li> </ul>
Team Work	Ayten KAYHAN (Lecturer)	<ul style="list-style-type: none"> <li>• What Is Team Work? How Can It Be Created?</li> <li>• Being a Team: The Roles of Team Leader and The Members</li> <li>• Successful Team Work and Motivation</li> <li>• Practice: Team Plays</li> </ul>