

<b>THE NAME OF TRAINING</b>	<b><i>THE COLOUR OF EMOTIONS</i></b>
<b>THE AIM</b>	<p>The milestone of being a successful and happy individual is to be the architect of our emotions. Because our emotions are the strongest guide of us and the colours of our life.</p> <p>It is aimed at recognizing the main emotions of the participants, expressing the emotions effectively and developing awareness to manage them.</p>
<b>THE METHOD</b>	Visual presentation, interactive information sharing, video presentation, practices, warm-up plays, discussion and question-answer (Q&A)
<b>THE CONTENT</b>	<p><b>1.Session</b></p> <ul style="list-style-type: none"> <li>*What is the Emotion? What are the Main Emotions?</li> <li>*What are the Features of the Emotions?</li> <li>*The Language of Our Emotions</li> <li>*Practices, Video Presentation and Practical Suggestions</li> </ul> <p><b>2.Session</b></p> <ul style="list-style-type: none"> <li>*Being the Manager of Emotions</li> <li>*Emotion-Thought-Behaviour</li> <li>*Video Presentation- Discussion</li> </ul> <p><b>3. Session</b></p> <ul style="list-style-type: none"> <li>*Colours and Emotions</li> <li>*Practice</li> </ul>
<b>TRAINER</b>	Ayça Aysun UĞURLU (Lecturer)