



ERASMUS+ VITALITY TRAINING PROGRAMME (CPIP, Romania)

Suggested Training Time: 1 – 3 hours per session

Course Outline

Theme 1: What is vitality?

- Session 1: Who is healthy? Introducing Positive Health
- Session 2: Applying Positive Health to your own health

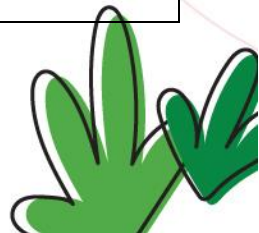
Theme 2: Applying positive health in practice

- Session 3: Willingness and empathy to work with different clients/patients

Materials: YouTube videos, PowerPoint.

Activities include: individual assignments, group discussion, case studies, role play, practicing, online quiz, mind map, mood boards, videos.

Topic and Training Objectives	Training and Learning Activities	Resources	Assessment Methods	Notes
Session 1: Who is healthy? Introducing positive health Objectives: By the end of this session students should be able to: <ul style="list-style-type: none">• Understand the concept of Positive Health	Introduction: It is critical for health practitioners to comprehend people's feelings, views, and experiences in order to determine their true needs and provide services that are tailored to them. Empathetic abilities must	PowerPoint Post-its YouTube videos about Blue zones: https://www.youtube.com/watch?v=mfPYjqDtylc https://www.youtube.com/watch?v=RQAIWyCLSno	<i>To check the level to which students are meeting the learning objectives</i> <ul style="list-style-type: none">• Quiz	Theme: 1 (What is vitality?) Timing session: 1,5 hours





	<p>be developed in order to achieve that aim.</p> <p>Activity 1: Introduction on Positive Health</p> <ul style="list-style-type: none">• Provides an outline of what will be covered throughout the first theme <p>Activity 2: Initial Quiz</p> <ul style="list-style-type: none">• Indicates how familiar the student is with Positive Health and wellness <p>Activity 3: Blue Zones</p> <ul style="list-style-type: none">• Students learn about the Blue Zones and the common longevity factors of them <p>Activity 4: Follow-up questions</p> <ul style="list-style-type: none">• Taking a short survey about what was learnt			
<p>Session 2: Applying Positive Health to your own health</p> <p>Objectives:</p> <p>By the end of this session students should be able to:</p> <ul style="list-style-type: none">• Understands the concept of the Six Dimensions	<p>Introduction: This broad interpretation of health is elaborated in six dimensions, which have emerged from research into what people themselves perceive health to be. They appear to not only consider physical health important, but</p>	<p>Flipchart PowerPoint Spider Web</p>	<p>Quiz</p>	<p>Theme: 1 (What is Vitality?)</p> <p>Timing session: 2,5 hours</p>





<ul style="list-style-type: none">• Explain the particularities between Dimensions• Understand the Spider Web concept• Use the Spider Web	<p>also, for example, sense of purpose, participation and quality of life. The spider web describes the six dimensions and associated aspects. With the spider web, people can outline their own health. It is also an instrument that can be used as a prelude to a conversation about health and well-being.</p> <p>Activity 5: Exploring the Six Dimensions 9 (individually)</p> <ul style="list-style-type: none">• Presenting the Six Dimensions of Positive Health and assessing view of the students <p>Activity 6: Matching exercise (individually)</p> <ul style="list-style-type: none">• Interactive Matching exercise about the Six Dimensions• Students discuss results and views on solutions <p>Activity 7: Using the Spider-web</p> <ul style="list-style-type: none">• Students learn how to use the spider web <p>Activity 8: Quiz</p> <ul style="list-style-type: none">• Quiz about the Six Dimensions (individually)			
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<p>Session 3: Willingness and empathy to work with different clients/patients</p> <p>Objectives: By the end of this session students should be able to:</p> <ul style="list-style-type: none">• Understand the concept of empathy• Explain how empathy affects working with others• Understand how the desire to help appears• Explain how emotions management influence communication• Understands the principles of empathic communication	<p>Introduction: In this part of the course we will focus on better understanding some of the emotions that are decisive in successfully working with clients in the Vitality sector and being able to transmit and induce Positive Health principles to them.</p> <p>Activity 9: Basic considerations on Empathy</p> <ul style="list-style-type: none">• Students get information about Empathy• Students see examples of scientific views on Empathy <p>Activity 10: Empathy assessment</p> <ul style="list-style-type: none">• Students complete a questionnaire to assess their level of Empathy <p>Activity 11: Building desire to help</p> <ul style="list-style-type: none">• Students watch videos about building desire to help and empathic communication• Students reflect and discuss their opinions <p>Activity 12: Final assignment</p> <ul style="list-style-type: none">• Students reflect on what they have learnt and have an open discussion	<p>PowerPoint</p> <p>YouTube Videos: Empathic communication heals and From empathy to compassion, the road from "I want" to "I can" help you https://www.youtube.com/watch?v=BZGlgsmE44o</p> <p>https://www.youtube.com/watch?v=R6t6ug1g8TQ</p>	<ul style="list-style-type: none">• <i>Quiz</i>• <i>Final assignment: students reflect on what they have learned and have an open discussion</i>	<p>Theme: 2 (Applying Positive Health in practice)</p> <p>Timing session: 3 hours</p>
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