TEACH	**Communication within systems** Models and direct experience	s4	**session plan** **EQF level 5** unit of L.O. TEACH 1

Objectives	**Trainer**

• Increase personal awareness and understanding about
     o how information is emitted and received
     o complexity in communication
 • Practice to check-in with self and check-back with the other person(s), as sender or receiver	

Methods	**Place** Indoor or outdoor
• Brainstorming or sharing • Exercise and games • Video • Presentations by trainer or trainees • Reflection, individual or in groups	**Time** 2H or more

		Documents
Content	Communication within systems - 5 axioms by Paul Watzlawick - Warm Data by Nora Bateson. Information and Context, Information in living systems, Interdependency - The 4 sides (ears) of communication by Friedemann Schulz von Thun	- t_Warm data - t_- t_4 axioms e_systems game - Dittmars sheets - to be renamed - Short biography - Info Sheet - Work Sheet

Activities	- Frame the subject with the participants, brainstorming or sharing. Ask questions, for example
	     o What do you know about communication?
	     o What do you think are Warm data?
	     o How does what has been said relate to training?
	 - Exercise 4 ears model and explanations
	 - Systems Game (from Coming back to life, Macy & Brown)
	 - Video about Warm data
	 - Invite to team or individual research about the topic and then presentation to all: provide key words, documents or links
	 - Facilitate reflection after each activity or at the end, ask for a creative account
	 - Invite to sharing of resources. Hand out. Link to the sessions about Body & language (module TEACH), Non violent communication (module COOP), Feedback (module ASSESS)
		Equipment
		 - Tools for brainstorming
		 - Beamer
		 - Wifi

Preparation

Work sheets for 4 ears model