

## Workshops done in 2019

On 19 March we gave the workshop "**Creative Thinking: Generating Ideas**".



The participants in this workshop acquired a variety of techniques for exploring, generating, assessing and organizing ideas which they can apply in their professional spheres. The workshop was led by the URV alumnus Agustí López (a marketing, creativity and innovation consultant) who used the methodology Manual Thinking® which encourages team work.

On 5 April and 19 June we gave the workshop "**Communicate to Make an Impact: Oratory for Professionals**".

Nowadays companies require professionals who can transmit an idea, communicate and present projects effectively. In this workshop, the participants (a small group so they all had time to practise) acquired new knowledge and practised various aspects of oratory with the aim of having an impact on the audience. The workshop was led by Xènia Castelltort (actress, presenter and trainer) who showed the participants how to communicate and make an impact!



On 9 May we gave the workshop "**Self-Knowledge and Emotional Management**".



and human resources consultant).

In this workshop the participants learned how to better manage their emotions and spend time on themselves. They worked on personal resources and aspects for appropriately managing their own emotions (self-knowledge). The workshop was led by Jorgina Martínez (psychologist, therapist

On 15 May and 7 November we gave the workshop **"Personal Leadership and Happiness"**.

The workshop provided the participants with the skills for authentic and effective leadership, with a base of emotional intelligence. The aim was to empower the participants and enable them to be more active and aware. The workshop was given by Bibiana Villa (a specialist in the development of talent, well-being and happiness in organisations) who encouraged the participants to be good and, more importantly, happy leaders!



On 10 October we gave the workshop **"How to increase productivity and organise yourself effectively"**.



The participants in this workshop learned the basic principles of David Allen's GTD method (Getting Things Done) with the aim of reducing stress, working in accordance with an organised System and improving individual productivity. The workshop was led by the URV alumnus Agustí López (a marketing, creativity and innovation consultant).

On 14 November we gave the workshop **"Improve your Interpersonal Relationships and Communicate Assertively"**

The participants learned to communicate assertively and empathetically, to improve their personal and professional relationships, and to promote healthy and satisfactory personal growth. The workshop was led by Jorgina Martínez (psychologist, therapist and human resources consultant).

