

## TRAINING DETAILS

### SHARING EXPERIENCES AMONG DOMESTIC EXPERTS AS PART OF DISSEMINATION

#### SELF-KNOWLEDGE AND COMMUNICATION

##### LILLAFÜRED

The self-knowledge and communication training held on 15. 10. 2019 was led by Dr. Aranka Mészáros, T-group trainer, university associate professor, the delegate head of Szent István University's Institute of Social Studies and Lecturer Education.

The training mainly targeted people who wish to get a better perspective of themselves by realistically getting to know themselves more, understanding their hidden resources, and those who wish to realise the most notable attributes of their personalities, their strengths, weaknesses, areas to develop and methods to do so.

During the first part of the training, the trainer introduced how the lack of self-knowledge can affect all areas of our lives; we can't realistically measure the World around us, can't decide where the proper way to go towards is, and we can't manage our relationships properly, be it romantic, workplace or friendship. In other words, lacking self-knowledge and lack of self-assurance due to it will make us lose ourselves among the countless impulses coming towards ourselves from the World.

With the help of the training, participants could see their own operation mechanisms in a systematic perspective, the particulars to keep track of during their communication processes, and also learned what they need to develop the most, and which attributes of their personalities they better repress in order to reduce their conflicts.

Using the knowledge they got from the training, participants could reduce their inner uncertainties, and could learn methods which help them better manage their own, and others' mood swings. These strategies and practices increase concentration capability, which offers a good basis for aware planning.

Furthermore, the participants could get to know their own communication styles, and the areas to develop in their emotional capacity (EQ). Participants could experience the fears, stress,

behaviour patterns, beliefs, tropes and wounds which affect their personalities, helping them in processing these and developing advantages.

Based on the feedback, participants left with positive experiences. They could finish the training happy and liberated, with true value, and usable instructions offering real knowledge. They could learn strategies and methods applicable to everyday life, which helps them getting closer to themselves, increasing their efficiency and performance.



Photo documentation:

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