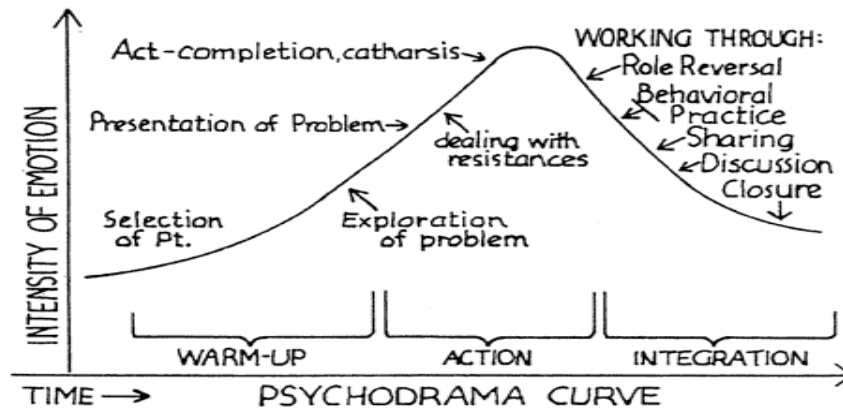




Psychodrama: *An Action Method for Group and Individual Well Being*



Three Day Web – Workshop (via zoom)

August 22, 2023:: Inputs + Workshop (4 hours)

August 23, 2023:: Self + Peer Learning (4 hours)

August 24, 2023:: Workshop + Expert Guidance (4 hours)

Time: 13:30 -17:30 hours IST (10:00 -14:00 hours CET)

Psychodrama course is becoming an enabler for development stakes. The neo normal situation demands lots of changes in one's own personal and environmental space. This is true especially with regard to communication tools and techniques; in counselling the stakes and target beneficiaries for general and mental health; and in dealing with personality related issues in the organisation. This action program is a sort of capacity building, where one is able to manage practical situations such as coordinating, hiring, mobilising, selling, monitoring, handling groups or patients and so forth. This approach enables one to fulfil their work and family roles effectively, as well as deliver impactful services. This workshop will provide an experience of knowing how to guide group, processes of group therapy, and thus improve therapeutic leadership skills.

This workshop will address the following questions: (from real lifetime and work examples)

What do I value most in life?

How to I deal emotional difficulties?

How do I manage the personal and professional challenges?

How do I empower myself?

How do I reconcile the conflicting forces?

Who this workshop is for:

Any individual with any roles especially parents, teachers, executives, managers, doctors, entrepreneurs, leaders can join us. Students, researchers and supervisors will also benefit. This experimental workshop is limited to 20 participants only, for intensive discussion and learning.

What will the workshop offer?

Since NGOs/CBOs/Company employees have similar experiences/challenges, this psychodrama group activity will provide a space for sharing of ideas as well as solutions. This workshop will offer a combo of learning and supporting one another. In specific,

- *Dealing the patterns of behavior*
- *Emotional well being*
- *Improving interpersonal relationship*
- *Role competency*
- *Managing change*

Workshop methodology:

The workshop is filled with participatory exercises to foster learning and unlearning experiences. One will learn through This workshop will be offered through **inputs, facilitating peer learning, demonstrations and providing guidance on the spot with** inputs, group work, presentations and plenary discussions. Also there is a scope to work on real project examples with peers, feedback, offer expertise and gain hands-on improvisation on the *Intra personal, interpersonal and group dynamics*. Where ever possible thematic interventions will be planned subject to the profile of the participants. Participants will also receive the presentation and links as reference material.

As the workshop language is English, it is necessary that all participants are fluent in the same.

Lead Facilitator:

The course will be led by KKF Co-Creator, Mr. Raguraman.K a Certified Psychodrama Director, Master Coach and Trainer, Coimbatore, India. He has trained entrepreneurs, faculties, executives, supervisors, factory employees, teachers, parents, trainers & social workers. Thousands of Students have had benefited through his Training, Counseling and Coaching sessions. He has been facilitating an ongoing psychodrama training-group, both online and personalized.

Registration and organizational details:

This 3-day web-action-oriented workshop is a practical one through Zoom. The cost of the learning is Rs 7500 + 18% GST / person (99 Euros). **Bank details** will be shared after the confirmation of registration, via email. Invoice and receipts will be raised during the webinar.

Register here online to reserve your seat: <https://forms.gle/RWGpKNa4GnQqTGsUA>

Your registration will be confirmed by mail soon after it has reached us.

Registration Deadline: August 16, 2023.

Payment Deadline: August 16, 2023.

Sharing of case situations: August 17, 2023 (for peer discussion and resource guidance)

Contact

Mr. C. Muralitharan, Training-Coordinator, KKF

trainings.desk1@kkid.org;

+91- 9047698422, 978685454

Looking forward to learn and unlearn with you!

Data Protection Policy:

Herewith I do agree that Karl Kübel Foundation for child & family (KKF), uses my contact details for event organization. My personal contact details such as name, address and email will only be used in the context of the given purpose as well as for information about the work of KKF. KKF will not transfer my data to third parties. In the framework of preparation of the event my contact details can only be handed over to co-initiators, if necessary.

The consent is voluntary and can be withdrawn in future at any time. In such case, please, send us an email to the following address: info@kkid.org . By practicing your right of withdrawal we will delete your contact details immediately.