

CATALOGUE

WORKSHOPS AND TRAININGS

AMICA EDUCA

MENTAL HEALTH

- Mental Health
- Emotional Literacy and Emotion Regulation
- Stress Prevention and Management
- Understanding and Managing Anger
- Building Psychological Resilience
- Personal Boundaries and Self-Care
- Self-Confidence and a Healthy Self-Image
- Burnout Prevention and Management

COMMUNICATION AND RELATIONSHIPS

- Communication and Empathy
- Conflict Management
- Family Relationships
- Couple Relationships

PARENTING AND WORK WITH CHILDREN

- Positive Discipline in Parenting
- Positive Discipline in the Classroom

CREATIVE APPROACHES

- Art Therapy
- Dances of Universal Peace
- Expressive Painting

PROFESSIONAL DEVELOPMENT

- Employability Skills
- Soft Skills for the Workplace
- Team Building, Communication and Collaboration

WORKSHOP DETAILS & REGISTRATION

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HOW WE ORGANISE WORKSHOPS AND TRAININGS

WITHIN PROJECTS

Workshops and trainings are organised within specific projects funded or co-funded by donors.

We publish calls for participation in a timely manner through our social media and various communication channels.

UPON REQUEST BY ORGANIZATIONS

Trainings are organised upon request by public institutions, organisations, companies, and other interested stakeholders.

The content, duration, and delivery format are tailored to the client's needs.

UPON REQUEST BY PARTICIPANTS

Workshops and trainings are organised in line with participants' interests in specific topics.

Once a sufficient number of applications is received, a group is formed, and the schedule and delivery format are determined in line with the availability of the facilitators and participants.

AMICA **EDUCA**



90+
days of workshops
per year

400+
participants
per year

30+
institutions and organizations
we have delivered training for

Our trainings are based on contemporary approaches in psychology, pedagogy, and non-formal adult education, integrating principles of gender equality and emphasising experiential learning, and are grounded in over 30 years of experience working with diverse target groups.