



# LEADERSHIP THROUGH HUMANITARIAN VALUES

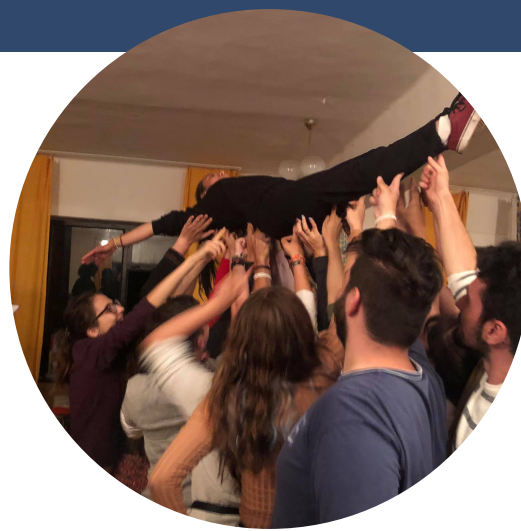


LEADERSHIP THROUGH  
HUMANITARIAN VALUES

Hungary | Poland | Italy | Latvia | Spain | Malta

 HUNGARIAN RED CROSS  Erasmus+

8-day Training Course in  
Balatonszarszo



## ABOUT THE PROJECT

What does leadership mean to you? How do you take leadership in your own life? What is your source of motivation, courage and strength to take a stand?

The Leadership Through Humanitarian Values training course aims to explore questions in experimental, in-body and embodied ways.

The Leadership Through Humanitarian Values is a unique opportunity to develop your qualities as an authentic leader on all walks of life.

The complex challenges of the 21st century cannot be addressed through classic command-and-control leadership and hierarchical models of organisation. The training aims to address this challenge to explore qualities that can support the emergence of a sustainable and collaborative society of empowered citizens. The experiential learning process of the course is designed in a way that connects individual practice with societal engagement, personal change with local and global perspective.

## OBJECTIVES

- Enhancing self-awareness and self-knowledge.
- Develop leadership skills through assertive and effective communication.
- Practicing empathy and acceptance of diversity of opinions to improve active listening skills.
- Get knowledge of group dynamics, stages, roles and leadership styles.
- Learning how to create a safe place where participants can feel accepted and welcomed to share their opinions and express their emotions.
- Get knowledge of humanitarian values and how to actively promote them in the European society.
- Learn how to manage multicultural groups, overcoming potential difficulties that may arise due to intercultural dialogue, in order to promote cooperation between different cultures.



## ACTIVITIES

### Art Methods

- Meditation practice and drawing of a tree: the activity starts with a guided meditation among participants and the visualization of a tree to be drawn in the second part of the activity.

- Meditation practice and drawing of leadership ideal: the activity starts with a guided meditation among participants and the visualization of the ideal of leadership to be drawn in the second part of the activity.

### Group roles and dynamics

-Creating a board game in groups: divided by groups, we had to invent a board game. In each group there were several participants who created the game and two observers who looked at the different roles that came up while preparing the board game (the leader, the mediator, the creative one...) After the activity, the observers gave us feedback about our individual attitude during the game.

Creating a painting in groups with individual secret tasks: Divided in groups, we had to create a painting together. But each participant had an individual secret tasks that nobody else knew. For example, one participant had to paint only with one colour, another one only could speak in his own mother language and so on. The aim of this activity is to create something together and connect the different individual tasks in a positive way to the group.

Painting together without speak for one hour: for this activity, the trainers gave us a canvas and some painting materials. We only had one rule: to paint without talk for one hour. At the beginning, each one painted on his side in a peaceful way, but then we began to add more colours until the first drawing disappeared. After that, some participants began to paint other people body's and the group was divided in two: the participants who joined the activity felt connected with their inner child, while some of those who didn't participate felt out of place. After the activity, we reflect in a shared circle about our feelings and the sense of belonging to a group.

Cultural differences: the trainers taught us some cultural differences when it comes to work. For example, some countries have more individualistic cultures and other ones more collective cultures. We were divided into groups in which there was a participant for each country and we discussed the type of culture that predominate in our country. Then we shared our reflections about cultural stereotypes in a shared circle

### Psychological aspects and tools:

One of the objectives of the course was to present some well-known psychological theories and classifications which can be connected to leaders.

We discussed Freud's defense mechanism types mostly focusing on Denial - Fantasy - Intellectualization - Altruism - Humour - Sublimation to give concrete examples what kind of behaviour it leads to and which elaboration technic could be effective and proactive when it comes to guiding a group. We also got familiar with Eric Berne's theory based on how we can react in specific situations as a leader. Each of the roles Parent-Adult - Child stand for a certain kind of leadership model such as autocratic - democratic - laissez faire.

Since group dynamics has been in the focus of the training as well, we were collecting ideas what role a leader has in the different stages when a group is formed. We used Bruce Tuckman's five-stage classification (Forming - Storming - Norming - Performing - Adjourning) for that.

## Body awareness activities

-Most of our communication is based on non verbal communication. Through different body language activities we developed several skills to foster our non verbal communication abilities and to increase our body awareness.

## Eye contact dynamic

We experienced the pressure of being in the centre of attention staying on silent and looking at each others during two minutes. The eye contact and the body language interpretation were the main skills practiced in this activity.

## Inter and intra awareness abilities

Through different dancing dynamics we extended our personal body awareness to the consciousness of other people movements. By exchanging leader-follower roles we interacted in couples and created synchronised and cooperative movements.

## Contact improvisation workshop

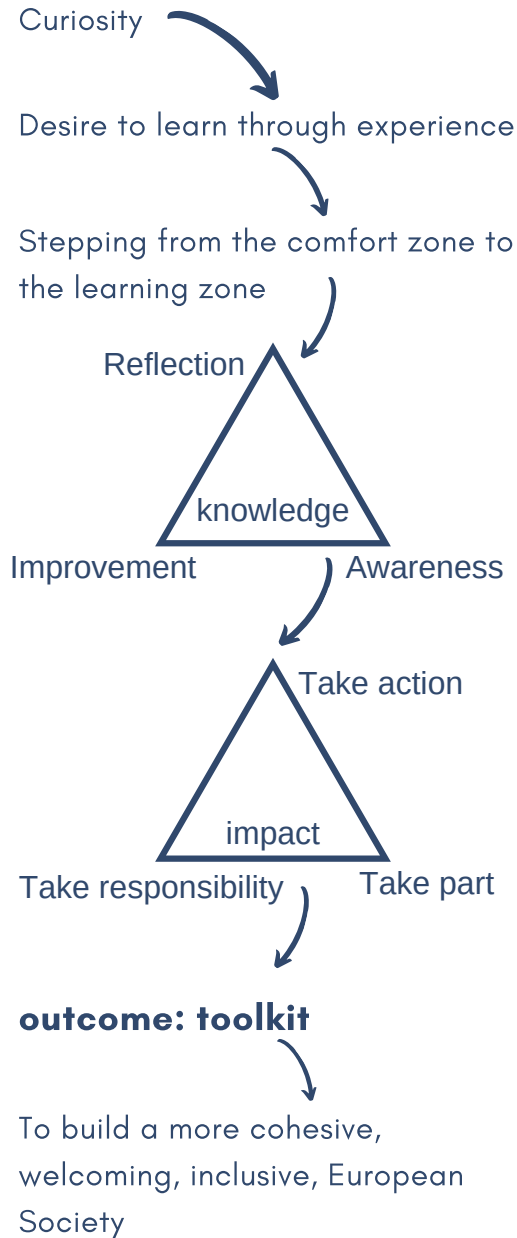
We were introduced to contact improvisation, a dance practice in which you must always have physical contact while dancing with other members of the group. This dancing practice enhances your inner consciousness while connecting with another person.

## Body-mind awareness dynamic

In this activity we performed a collective movement dynamic. We had to be aware of three aspects: our personal body, the group flow and the space that surrounded us. Through a theatre practice based on Grotowski research. We were asked to first be aware of our walking steps and then to perform several synchronised group movements.



## LEARNING OUTCOME



# IT'S UP TO (Y)EU!

## PARTICIPANTS FEEDBACK

Molli from Hungary, 20

- The project took place in Balatonszárszó in the camp of Hungarian Red Cross. It was my first international project and I really enjoyed getting to know new people from other countries. I applied because I wanted to get more knowledge about leadership. Our facilitators - Balázs and Mária - were really great in preparing the workshops and I'm sure I will use the gained knowledge in the future.

Karol from Poland, 24

At the end of the project I felt really positive about the whole event. I've met here a lot of amazing people with whom I felt strong connection. From the learning point of view I've learned a lot of practical things about leadership. What I liked the most were the workshops about board game preparation when we had to cooperate and work together as a group.

