Inner Peace - Personal Alienation and its effects

Submodule

2.1 Introduction to the module and workshops

Duration ⏱

1 academic hour

Submodule overview 🔍

In this part of the module, participants will have opportunity to be involved in various workshops based on inner peace and develop knowledge on personal alienation and how face with it .The aim of these workshops is openly show and face with different expressions of inner peace of participants.

The main objectives for these workshops are:
- with practice identifying with own emotions
- decide what we're going to choose to feel

Workshops:
a)Peace with our feelings
b)Peace with our Contribution/Service
c)The Raisin Exercise

Final feedback/reflection
''Myself and I''

Learning goals 🎯

- To introduce participants with different activities
- To develop knowledge of using workshops in group
- To develop knowledge to recognize needs for express feelings

Learning outcomes 🏆

Knowledge
- To develop awareness when others have their mental health impaired.
- To develop knowledge when inner peace is disturbed, and properly react.
- To be able to find and identify the causes of disturbed inner peace.

Skills
- To be capable of facing with different expressions.
- To be able boost capacity to access positive feelings.
- To be able to reconnecting with inner peace in yourself.
- To be able to recognize when others need to express their feelings.

Attitudes
- To become more confident and relaxed in classrooms.
- To be able reduce and release negative stress and fear.
- To be able to show others how they can reduce and release negative stress.
- To become more aware of other feelings.

Submodule

2.2 Definition of Inner peace and Personal alienation

Duration

1 academic hour

Submodule overview

The second part of the module is directed towards the theoretical part of inner peace and personal alienation.

It includes case studies, research, good practices, debates and literature such as advices, curriculum, articles, videos and activities to reach and solve difficulties, latest conferences and materials from the same where the theme is inner peace and personal alienation.
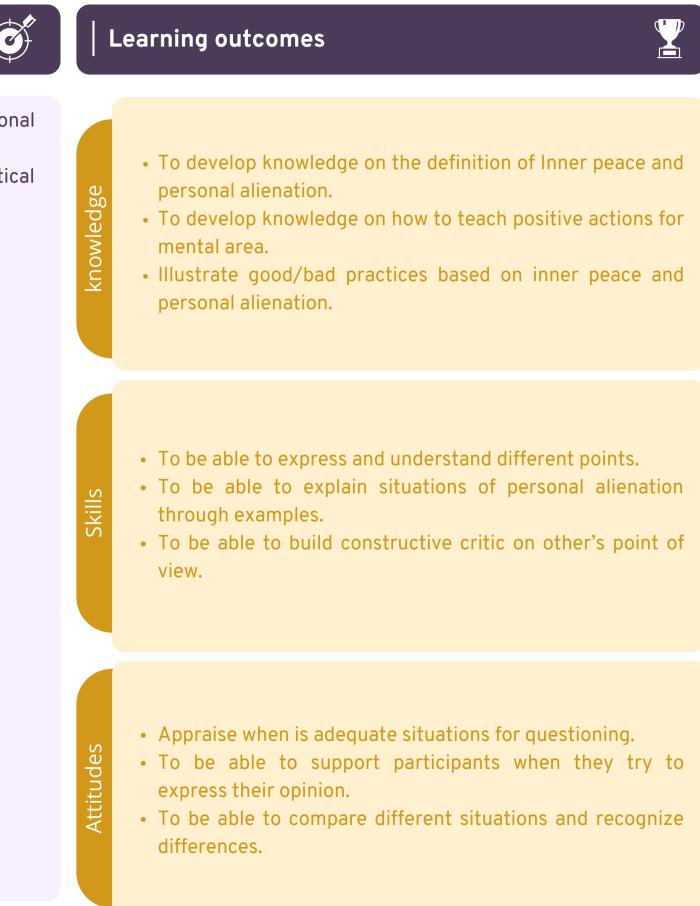
Learning goals

- Define Inner peace and personal alienation.
- To be able to show through a practical part what is personal alienation.

Learning outcomes

knowledge
- To develop knowledge on the definition of Inner peace and personal alienation.
- To develop knowledge on how to teach positive actions for mental area.
- Illustrate good/bad practices based on inner peace and personal alienation.

Skills
- To be able to express and understand different points.
- To be able to explain situations of personal alienation through examples.
- To be able to build constructive critic on other's point of view.

Attitudes
- Appraise when is adequate situations for questioning.
- To be able to support participants when they try to express their opinion.
- To be able to compare different situations and recognize differences.

Submodule

2.3 Type and Effects of Personal alienation

Duration

1 academic hour

Submodule overview

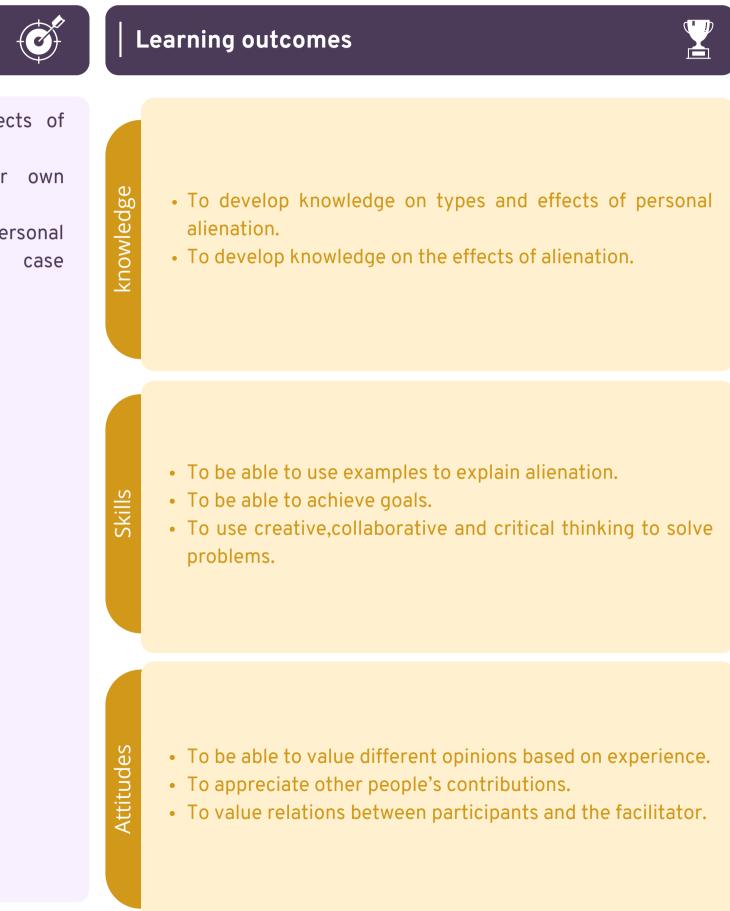This part of the module will be focused on the presentation of the types of personal alienation and how personal alienation can affect us. It included different case studies, articles and techniques. Also the submodel will contain different good practices, examples for each type of Personal alienation and definitions.

Learning goals

- To understand types and effects of personal alienation.
- To be able to create their own workshops and implement it.
- To be able to represent personal alienation through different case studies.

Learning outcomes

knowledge

- To develop knowledge on types and effects of personal alienation.
- To develop knowledge on the effects of alienation.

Skills

- To be able to use examples to explain alienation.
- To be able to achieve goals.
- To use creative,collaborative and critical thinking to solve problems.

Attitudes

- To be able to value different opinions based on experience.
- To appreciate other people's contributions.
- To value relations between participants and the facilitator.

Inner Peace - Personal Alienation and its effects

Submodule

2.4 How to achieve Inner Peace and face with personal alienation

Duration ⏱

1 academic hour

Submodule overview 🔍

The aim of this part of the module is to offer various methods on how to face personal alienation. It will offer different worksheets, techniques, papers, curriculum, plan with steps of prevention or facing with it. Also, it will contain comparison techniques and effective techniques for each type of Inner Peace and personal alienation; how to reach which type.

Learning goals 🎯

- Understand the cause of personal alienation.
- Identify strategy to prevent alienation.
- To identify methods of prevention.
- To develop knowledge on using different worksheets and articles in the process of creating activities.

Learning outcomes 🏆

knowledge

- To be able to demonstrate and define techniques for different of personal alienation.
- To develop knowledge on these techniques and methods.
- To be able to identify strategies for different types of personal alienation.

Skills

- To be able to have debates on these concepts and give adequate advice.
- To be able to demonstrate examples; bad or good practices in each case.
- To be able to create workshops or activities to reach results.

Attitudes

- To be able to compare different techniques for facing with personal alienation.
- To be more confident during debates on these topics.

Submodule

2.5 Inner Peace course: issues, focus, opinions

Duration ⏱

1 academic hour

Submodule overview 🔍

This part of the module includes research, analysis and comparison with theme problems in everyday life. It also includes expert opinions on improvement in the individual and society in general.

In this section, the focus is on the skills of teachers and with what methods can be improved.

-Social skills
-Interpersonal skills
-Problem-solving skills

Skills and analysis can be achieved by connecting multiple areas of science:

- Psychology
- Sociology
- Art
- Philosophy

Evaluation: At the end, participants need to evaluate whole module and summarize what was achieved and learned in the training.

Learning goals 🎯

- To develop knowledge on using different research and compare them.
- To develop new skills or upgrade it.

Learning outcomes 🏆

knowledge

- To be able demonstrate newest search data connected with topic Inner Peace.
- To be able to identify necessary skills.

Skills

- To be able to demonstrate new methods and research data.
- To be able to demonstrate different opinions from the experts.

Attitudes

- To be more confident with presentation of methods.
- To appreciate debate with participants.