



Project Index 621398-EPP-1-2020-1-FR-EPPKA2-KA
Project Acronym ProCESS
Project Full Title Processing Complexity with Emotional, Sensorial and Spiritual capacities

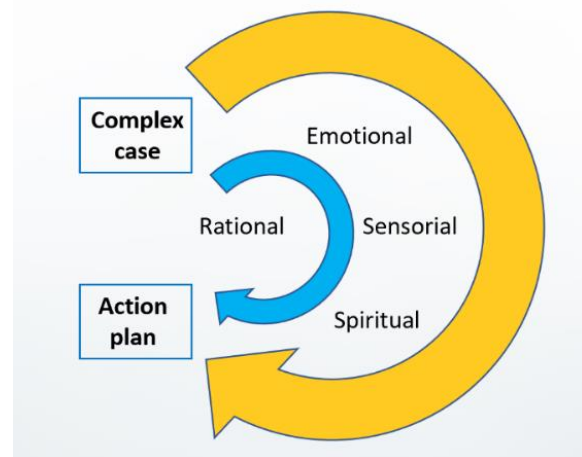
Press release – ProCESS training modules

December 2022

ProCESS Project developed an original and innovative methodology to deal with complex management issues through alternating sequences of mobilization of Sensory, Emotional, and Spiritual capacities (SES Skills), in addition to rational capacities.

As part of the ProCESS project a pilot training session for companies and HEIs is developed where the participants, will experience the ProCESS methodology and SESS training sessions and learn to better feel and sense complex situations (and not only understand) and dare to “step out of the box” to solve them.

For use in the pilot training session, a set of four training modules were developed. These



modules were created based on the experience obtained by the partners in the first year of project implementation. The modules have increasing complexity and different time allocation:

- Module 1 - Tasting for sensorial, emotional and spiritual skills (3 hours)
- Module 2 - Training day for sensorial, emotional and spiritual skills (7 hours)
- Module 3 - Complex problem-solving course with sensorial, emotional and spiritual skills (21 hours)
- Module 4 - Complex problem-solving course with sensorial, emotional and spiritual skills (42 hours)

Each training module has six parts that focus on the following topics: Introduction to ProCESS method; Understanding myself through SES Skills; Sensing the world; Igniting the inner energy (for a good purpose); Applying embodied and embedded creativity; Realizing myself with others in professional situations. In implementing these topics, the SESS trainers will use the following training tools: music, sounds, dance, painting, multimedia, meditation, dialog etc. The aim of these activities is to increase participants’ competences on awareness, connectedness and alignment.

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Co-funded by the
Erasmus+ Programme
of the European Union



The participants to these training sessions will be able to better understand the concepts of complexity and SES skills, the meaning of participant attitude and commitment, will be able to connect to oneself and others to work in a team, co-operation and co-creation, alignment and finalizing.

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