

SWITCH IT ON

MANUAL OF PRACTICES FOR YOUTH WORK



EMOTIONAL
INTELLIGENCE
IN YOUTH WORK

European Accademy on Youth Work
Kranjska Gora, 23 May 2019

THE PROJECT

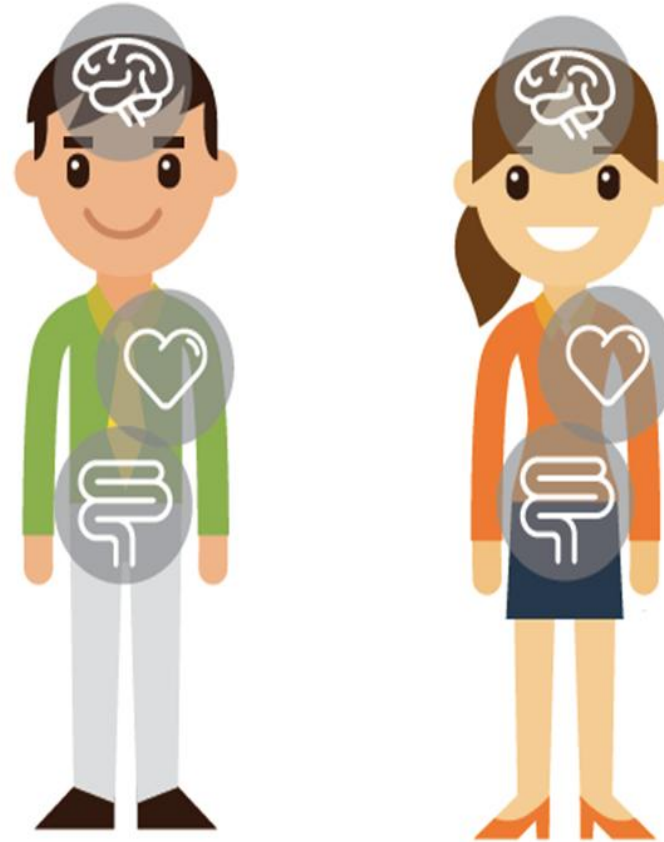
- ▶ The project ‘Emotional Intelligence in Youth Work’ (EQ in YW), supported financially by the Erasmus+ programme has developed an up-to-date and sustainable concept for educational opportunities for young people aged 14-25.
- ▶ This concept is unique in the purpose of supporting the nurturing of Emotional Intelligence for a better life.
- ▶ The project involved six partner organisations from Austria, Germany, Italy, the Netherlands, Slovenia and Spain.
- ▶ It lasted 18 months from September 2017 to February 2019.

THE OUTPUTS

- ▶ A booklet on the importance and relevance of Emotional Intelligence in youth work
- ▶ A manual with practices to support Emotional Intelligence in young people and youth workers
- ▶ A curriculum for youth workers, to support and increase their ability to tap into their Emotional Intelligence at both the personal and the professional level
- ▶ The booklet and the manual are available on line at <https://www.limina.at/emotional-intelligence-in-youth-work/>

THE CONCEPT

- ▶ Emotional Intelligence is the capacity to bring our thoughts, emotions and bodily sensations into coherence.
- ▶ Being able to perceive, feel and influence the messages coming from our body and our intuitions - both within ourselves and in our relation to others - increases our awareness towards ourselves and others



THE CONCEPT



MIND

The subconscious mind directs over 90% of behaviour.



HEART

There are more neuropathways that run from the heart to the brain than from the brain to the heart.



GUT

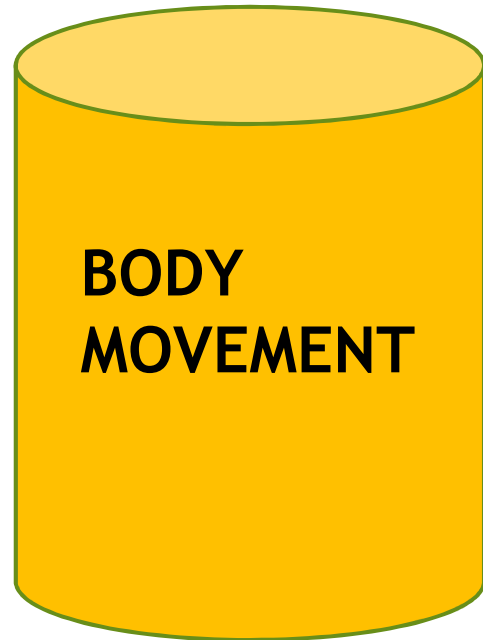
90% of the body's serotonin involved in mood-management is produced in the gut.

- ▶ The concept of the three brains is the system on which Emotional Intelligence is based: Mind - Heart - Gut.
- ▶ It is an interconnected system at the foundation of all our lives and our relationships, and the one on which we want to work and use to reinforce our educational and training systems.

«SWITCH IT ON» MANUAL

- ▶ The **educational paths** have been designed to take into account a gradual intervention with young people.
- ▶ The activity and intensity are structured to gradually address the most intimate and hidden part of the person, avoiding approaches that could be too direct and potentially “harmful” for the recipients.
- ▶ The **practices** included the “Switch it on” manual are based on the practical experience of the partner organisations.
- ▶ These practices include a detailed description of the flow, and some advice on how to implement them.

OUR APPROACH - THE THREE PILLARS

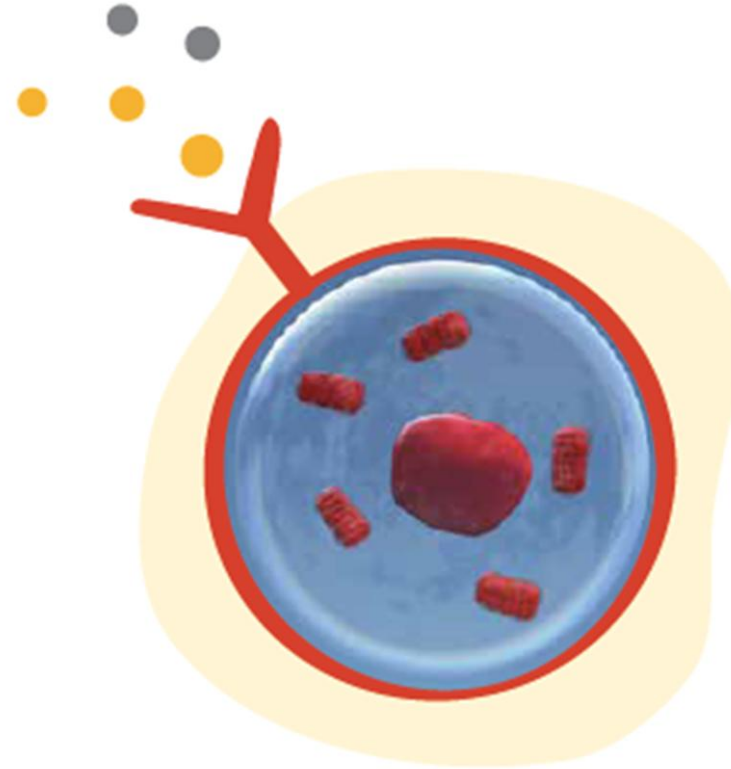


OUR APPROACH - THE THREE PILLARS

- ▶ **BODY MOVEMENT:** The movements have a considerable influence on the chemistry of the body, increasing or decreasing its efficiency. Movement awareness is a powerful sensor that can alert us to incoming emotional reactions.
- ▶ **MINDFULNESS & MEDITATION:** Awareness is a state of active and open attention to the present that allows us to observe our thoughts and feelings without judging them as good or bad. One of the practices that most support the work towards greater awareness is meditation.
- ▶ **NATURE & ESSENTIAL OILS:** Several studies have shown that the brain and the human body both react to nature in ways that improve our sense of connection, reduce pain, help fight anxiety and allow us to experience a deep sense of calm.

WHY ESSENTIAL OILS?

- ▶ Essential oils have been used for thousands of years in various cultures thanks to their antidepressant, stimulant, detoxifying, antibacterial, antiviral and soothing properties
- ▶ Essential oils support the hormonal balance, the increase in energy levels, the improvement of brain function and the reduction of emotional stress and anxiety



**Thank you for your attention
and enjoy the
Switch it on manual!**

**Maria Luisa Pagano
marialuisa.pagano@tiscali.it**



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