

## EUROPEAN ACADEMY ON YOUTH WORK - WORKSHOP REPORT

### Switch it on. Manual on Emotional Intelligence in Youth Work

**Maria Luisa Pagano**, UniTS - Università del Terzo Settore, AFSAI and Youth4Youth, Italy  
Contact: [marialuisa.pagano@tiscali.it](mailto:marialuisa.pagano@tiscali.it)

#### THE TOPIC, NEEDS AND KEY CHALLENGES ADDRESSED



During the workshop, I presented the “Switch it on” manual, which is a final output of the Erasmus+ project “EQinYW- Emotional Intelligence in Youth Work” 2017-2-DE04-KA205-015492. Partners of the project are: Limina- Austria, Youth 4 youth – Italy, Euroaccion – Spain, Jugendkulturarbeit e.V. – Germany, Zavod Ambitia – Slovenia, Anatta Foundation- The Netherlands.

The project developed an up-to date and sustainable concept unique in the purpose of supporting the nurturing of Emotional Intelligence of young people and youth workers, with the aim of increasing their ability to tap into their Emotional Intelligence at both the personal and the professional level.

The “Switch it on” manual includes exercises, tools, activities and methods that are currently in use in youth work practice across Europe and that can promote mental well-being amongst young people and youth work. These practices have been tested during the implementation of the project with young people during international activities. The manual is a valuable instrument that youth workers and youth trainers can use to integrate Emotional Intelligence in their practice, and it is thus supporting their own well-being and that of young people they work with. In addition, the manual will support any actions to counteract un-cohesive behaviours.

The need for developing sustainable physical, intellectual and psychological living conditions is nowadays a key challenge for the whole society, since psychosocial risks can affect personal fulfilment and work-life balance. The 5th Youth Goal, the outcome of the Structured Dialogue with Youth process 2017-18, focuses on Mental Health and Wellbeing. A significant and increasing number of young people across Europe are expressing their concern at the prevalence of mental health issues, such as high stress, anxiety, depression and other mental illnesses amongst their peers.

Young people cite the immense societal pressures they face today and express a need for better youth mental health provision. Among other recommendations, young people across Europe want to be able to increase their own ability to deal with mental health issues. This means learning skills ranging from emotional intelligence and self-awareness, to time management and coping under pressure. Emotional Intelligence (EQ) is correlated with traits like perseverance, self-control, empathy and supporting each other. It provides people, no matter their skills, with the emotional strengths to adapt to change and deal with setbacks.

The core of EQ is based on adaptation of creating conscious and intelligent actions regarding our own emotional responses, as well as managing other people’s reactions to an emotionally charged situation. The “Switch it on” manual is supporting the satisfaction of the above-mentioned need.

## METHODOLOGY



The workshop was implemented in three parts, and lasted 60 minutes:

1. Short introduction to the concept of Emotional Intelligence in youth work and presentation of the “Switch it on” manual. This first part stimulated among participants the awareness of the importance of cultivating Emotional Intelligence (EQ), in order to better cope with the changes and the complexity the professional life brings to them. The “Switch it on” manual can be one tool to include in their practices to support the development of Emotional Intelligence, and to respond with a more open mind, heart and will to what professional and personal life brings to them.
2. Testing of a few practices included in the manual. The manual values and up-scales what is already present in youth work and can support the development of EQ. The contents of the handbook aim to empower youth and support cohesive societies, especially in times of uncertainty and ambiguity with disruptive changes. During the workshop, we tested two practices.
3. Feedback on the practices and evaluation of the workshop. The feedback on the proposed practices and the whole workshop was very positive, although the time was too short to deepen some issues related to the concept on Emotional Intelligence.



## FEEDBACK FROM PARTICIPANTS

Here a few quotes from participants:

*“Useful points of view related to promoting young people’s emotional intelligence and wellbeing”*

*“The tools are very interesting and I will for sure get more into them”*

*“This was very interesting. Too bad we had so little time!”*

EMOTIONAL INTELLIGENCE (EQ) PROVIDES PEOPLE, NO MATTER THEIR SKILLS, WITH THE EMOTIONAL STRENGTHS TO ADAPT TO CHANGE AND DEAL WITH SETBACKS.

**LINKS TO FURTHER  
RESOURCES OR  
INFORMATION  
ABOUT THE  
PROJECT  
AVAILABLE ONLINE**



The “Switch it on” manual can be download at the following link:

[https://www.limina.at/wp-content/uploads/2019/05/EQ-O2\\_final-ver-2019.pdf](https://www.limina.at/wp-content/uploads/2019/05/EQ-O2_final-ver-2019.pdf)

Online, you can also find a booklet on the importance and relevance of Emotional Intelligence in youth work: [https://www.limina.at/wp-content/uploads/2019/05/O1\\_EQ-in-YW-v1.0-31012019.pdf](https://www.limina.at/wp-content/uploads/2019/05/O1_EQ-in-YW-v1.0-31012019.pdf)



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