

## TRAINING PLAN UpToYou

The training plan consists of three blocks.

The first is called '*theoretical foundation block*' and aims to achieve an understanding of the emotional reality of the human being and the characteristics of emotional education.

The second is called '*tools and activities*' and aims to live in the first person dynamics very similar to those that will later develop with the child, student or client. This seeks to ensure that the personal experience of those who go to training is the starting point for the conceptualization, theory and practice of future intervention. The various sessions mention the names of the various tools or activities.

The third block is called '*educational complements*' and the objective is to deepen some aspects that are necessary to be able to accompany personally generating processes of growth.

This sequence ensures that the trainee finds training really useful, because it is so in his own life. In addition the trainee gains in confidence and security to be able to apply it with ease

The order of the blocks must be respected to ensure proper understanding. Each block is developed in a short period of time. The second block, according to circumstances can be divided into two.

Between blocks there may be months in between, so that the complete formation can be done over a year or a year and a half.

The training assistance will be certified by the University of Navarra (UNAV), Spain

### THEORETICAL FOUNDATION BLOCK

This block usually lasts approximately 10 hours. Between sessions and depending on the progress of the group, workshops will be interspersed with the aim of guaranteeing understanding and transference in concrete reality.

**Session 1. The importance of beliefs.** Emotions, far from being a superficial reality linked to pleasure or displeasure, are linked to the deepest human being. In this session we will discover how personal beliefs and emotions correspond and affect each other. Duration: between an hour and a half and two hours.

**Session 2. The emotional-personal reality of the child and the young person.** We will take a tour of the mature development of the child and the young person and we will see how the emotional reality is the platform of personal growth. Duration: between an hour and a half and two hours.

**Session 3. Educational models.** If we talk about emotional education we will have to clarify which model of education is being assumed and, therefore, what other models are left out. Duration: between an hour and a half and two hours.

**Session 4. Nature of emotion.** We will clarify how emotion is understood and what it means to know an emotion. Duration: between an hour and an hour and a half.

Session 5. **The bases of the UpToYou program.** Keeping in mind the previous sessions we will see what is the concrete way to understand emotional education  
Duration: between an hour and an hour and a half

## **BLOCK OF TOOLS AND ACTIVITIES**

This block usually lasts about 12 hours. Between sessions and depending on the progress of the group will be interspersed workshops with the aim of ensuring understanding and transfer in concrete reality.

Session 6. **The affectation of emotions in daily life.** We will learn to keep track of the emotional experience by getting used to evaluating it in relation to personal growth. 'The Emotional Primer' tool. Duration: about half an hour.

Session 7. **The automatisms in the emotional experience.** We will learn to evidence the realities that have been happening within us in the emotional experience. Tool 'the emotional chain'. Duration: about half an hour

Session 8. **Generation of alternatives.** We will learn to perform simulation exercises to discover that reality is really open and there are many alternatives to the various emotional situations. Tool 'the emotional chain'. Duration: about three quarters of an hour.

Session 9. **Trends and personality traits.** We will learn to question the origin of our behaviors, to gradually discover the inner tendencies and the traits of our personality that predispose us to the emotional experience. We will see ways to gain inner freedom. 'The traffic light' tool. Duration: about three quarters of an hour.

Session 10. **Constructive relationship between equals.** We will learn ways to take advantage of peer support in constructive relationships. We will practice active listening. Activity 'the support group'. Duration: about three quarters of an hour.

Session 11. **The causes of emotional reality.** We will learn to discover the conjunction of causes that explain our emotional reality. Tool 'the magnifying glass'. Duration: about one hour.

Session 12. **The revision of the day.** We will learn healthy and insane ways of evaluating the lived experience. Tool 'review of the day'. Duration: about three quarters of an hour.

Session 13. **Basis of decision-making.** We will learn to discover the best of ourselves by differentiating it from what we like or from emotional states. Activity 'the faithful counselor'. Duration: about three quarters of an hour.

Session 14. **Decision-making.** We will learn to make decisions from the best of oneself and in a personal way and to follow up on them. Tool 'the rudder'. Duration: about three quarters of an hour.

Session 15. **Beliefs and personal growth.** We will learn to recognize how in our behaviors we try different personalities to see which one identifies us the most. We

will also learn to identify healthy-true beliefs versus insane-false beliefs. This will help us identify types of relationships and activities that help growth. Activity 'the circus of the butterflies'. Duration: about three quarters of an hour.

Session 16. **The quality of friendship.** We will learn to use the term 'friend' properly assessing the experience of friendship, thereby learning in what kind of relationship we can engage with others and the path of growth of relationships. Activity 'the true friends'. Duration: about half an hour.

Session 17. **Motivation.** We will learn to differentiate healthy motivations from insane ones. Then we will study the uniqueness of motivation in the child and the adolescent. Activity 'the dream'. Duration: about one hour.

Session 18. **Gratitudness and forgiveness.** We will learn to grow in gratitude and forgiveness as a way of uniting life and forming our own identity. Activities 'the letter from the heart' and 'personal history'. Duration: about one hour.

## **BLOCK OF EDUCATIONAL COMPLEMENTS**

This block usually lasts on the order of 6 or 8 hours. Between sessions and the function of the group's march will be interleaved workshops with the aim of ensuring understanding and transfer in concrete reality.

Session 19. **Stress and resilience.** We will study the mechanisms of stress and the generation of resilience. Duration: about one hour and one hour and a half.

Session 20. **The stages of personal accompaniment.** We will learn to recognize in what stage we are and what are the elements that allows the passage of one to another stage. Duration: about one hour and one hour and a half.

Session 21. **Attachment modes.** We will study the quality of educator - educator relationships. Identification and healing of harmful relationships. Duration: about an hour and an hour and a half.

Session 22. **Follow-up Sessions.** Depending on the progression of previous sessions and the needs of the group, the key concepts are repeated and new topics will be discussed.

Session 23. **Evaluation.** The different sessions will be evaluated and there are also written tests to evaluate the acquisition and existing gaps to modify the training. In the end, it also makes an assessment of the lived experience of expectations and needs covered or not.

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