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**TRIO EDUCATION**

TRAINERS, PARENTS, CHILDRENS

## TRIO EDUCATION C4 – Skopje, North Macedonia

**Leading organization: EUNOIA Skopje – North Macedonia**

### ARRIVAL OF PARTICIPANTS – 5 MARCH 2023

#### *6 March 2023*

<i>Time period</i>	Activity
9:45 – 10:00	Arrival of participants
10:00 – 10:15	Welcome speech and presentation of participants
10:15 – 11:00	Project status, activities and workshops of the following days, tasks and responsibilities of the partners
11:00 – 11:30	<b>Welcome Coffee Break</b>
11:30 – 13:30	Aggressive Behaviors: Signs, Causes and Treatment; Brainstorming and Discussion on signs and causes of Aggressive Behaviors; Workshop on Causes and Treatment
13:30 – 15:30	<b>Lunch</b>
15:30 – 17:00	Children's aggressiveness, causes and tools to reduce it; Country cases on children's aggressiveness – discussion and presentation; Workshop on causes and tools to reduce it
17:00 – 17:30	<b>Coffee Break</b>
17:30 – 18:00	Family aggressiveness – key component for the raise of children's aggressiveness; Multimedia presentation of real cases and workshop on how to identify and report Family aggressiveness

## 7 March 2023

<i>Time Period</i>	<i>Activity</i>
10:00 – 10:30	Summary of previous day
10:30 – 12:00	Parents' Aggressive Influences and Children's Aggressive Problem Solutions with Peers; Where it comes and how to reduce it; Workshop on factors and tools
12:00 – 12:30	Coffee Break
12:30 – 13:30	Parental Education and Aggressive Behavior in Children: A Moderated-Mediation Model for Inhibitory Control and Gender; Workshop on Parental Education
13:30 – 15:30	Lunch
15:30 – 17:00	Bullying and Cyberbullying as a “tool” for raising aggressiveness of children; Discussion on already known cases and brainstorming on possible tools for raising aggressiveness; Preventing Bullying and Cyberbullying – tools and methods
17:00 – 17:30	Coffee Break
17:00 – 18:00	Presentation of work and discussion; Each team presents what they have worked on the previous workshop

## 8 March 2023

<i>Time Period</i>	<i>Activity</i>
10:00 – 10:30	Summary of previous day
10:30 – 12:00	Keys to prevention in mental health – Alexithymia; Presentation on What are the keys of prevention in mental health, how to identify and deal with Alexithymia
12:00 – 12:30	Coffee Break
12:30 – 13:30	Alexithymia – Difficulties in accepting and expressing emotions; Alexithymia as a fundamental personality dimension at the interface of cognition and emotion - A cluster analytical approach (Workshop by a professional therapist)
13:30 – 15:30	Lunch
15:30 – 17:00	Tools and strategies for prevention and intervention (Workshop by a professional therapist)
17:00 – 17:30	Coffee Break
17:00 – 18:00	Closing, Evaluation and Certificates

**DEPARTURE OF PARTICIPANTS – 9 MARCH 2023**