

A savanna landscape at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. In the foreground, there are tall, dry grasses. In the middle ground, there are several acacia trees with their characteristic flat-topped canopies. In the background, there are rolling hills or mountains under a sky with soft, wispy clouds. The overall mood is peaceful and serene.

SAVANNAH
– **The Games of**
Emotionally Intelligent Communication

Learning Objectives

- ✓ **Creates self-awareness & self-regulation - on unhealthy communication habits and their impact on effectiveness and morale**
- ✓ **Provides tools for assertive & empathetic interpersonal communication**
- ✓ **Boosts ability to manage emotional conversations**

And last but not least...

**creates
enthusiasm and engagement for the learning experience.**



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Part 1: RECOGNIZE THE JACKAL

When emotions run high, they can play havoc with interpersonal communication - it is very easy to use threats, blame and other "Jackal" patterns.

This game will enable participants to **become aware of toxic ways of communicating emotions.**

Participants will learn how to **make the difference between JACKAL language (evaluative, judgemental, aggressive) and GIRAFFE language (based on observations)**

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Part 2: SAVE THE BABY GIRAFFES

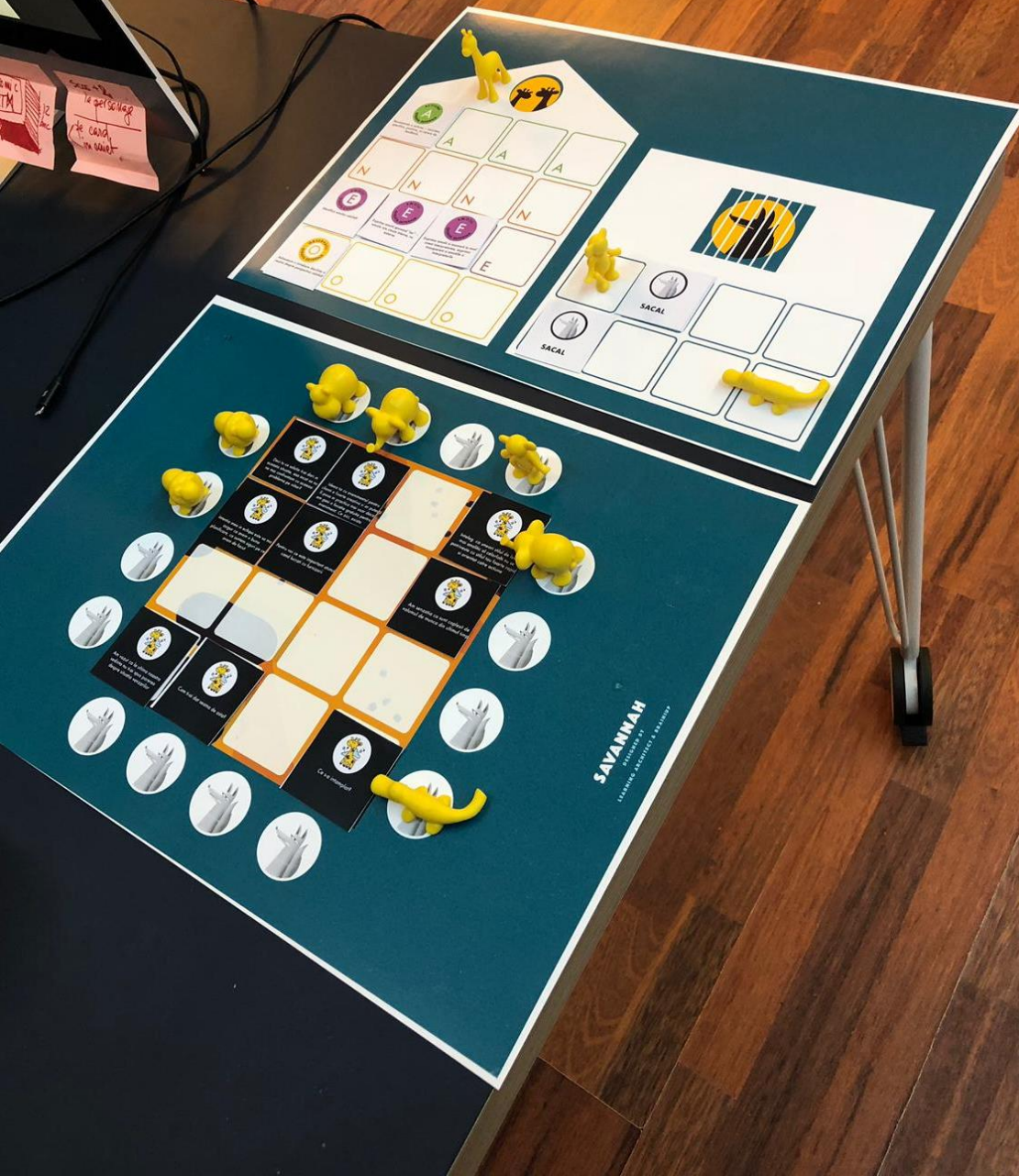
Once they've become aware of the don't's, the second part of the game enables the participants to master the "do's" of emotionally intelligent communication.

Participants will practice "giraffe micro-skills":

How to **express observations instead of interpretations**

How to **express emotions with authenticity and connect to the emotions of another, in a truly human way**

How to **understand the needs of others and find win-win actions**





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Part 3: DEAL WITH JACKALS...IN THE GIRAFFE WAY

The third part of the game transforms the practical know how into action. Participants will learn **how to respond to challenging situations (conflict, aggression, negativity)** by using the micro-skills previously acquired. And they **will receive real time feedback** from the other players, thus testing their actual ability to deal with emotions and use emotionally intelligent communication.



What Makes the Workshop Work: An impactful mix of:

ADVANCED PRACTICAL tools

While the world is full of theories
and concepts, we provide
memorable techniques

GAME-BASED learning

No more lengthy presentations.
A game that makes learning
fun and engaging

