Self-Aware (Communication) Module

Activity (15 mins): Ask participants to get into pairs (ideally with someone they have never worked with before) and to talk about something that annoys them (it does not have to be heavy or personal, possibly the Dublin bus system, a cc\\ *college regulation, etc.). Each partner chooses the topic for 5 minutes each. During the interaction, encourage participants to be keenly aware of the verbal and nonverbal communication that is occurring.*

Spend 5 minutes discussing the activity. Do participants see the differences between verbal and nonverbal communication?

Step 4: Communication skills

Aim: To understand and practice the use of reflecting, paraphrasing and summarizing