**STAFF MOBILITY FOR TRAINING[[1]](#endnote-2)**

**MOBILITY AGREEMENT**

Planned period of the training activity: from ***26/08/2024*** till ***30/08/2024***

Duration (days) – excluding travel days: 5 days

**The Staff Member**

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| --- | --- | --- | --- |
| Last name (s) |  | First name (s) |  |
| Seniority[[2]](#endnote-3) |  | Nationality[[3]](#endnote-4) |  |
| Sex [*M/F*] |  | Academic year | **2023/2024** |
| E-mail |  | | |

**The Sending Institution**

|  |  |  |  |
| --- | --- | --- | --- |
| Name |  | Faculty/Department |  |
| Erasmus code[[4]](#endnote-5)  (if applicable) |  |
| Address |  | Country/ Country code[[5]](#endnote-6) |  |
| Contact person  name and position |  | Contact person e-mail / phone |  |

**The Receiving Organisation**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | MASARYK UNIVERSITY | | |
| Erasmus code  (if applicable) | CZ BRNO05 | Faculty/Department | Faculty of Pharmacy, Institute of Lifelong Learning (ILL) |
| Address | Žerotínovo nám. 9,  601 77, Brno | Country/ Country code | Czech Republic |
| Contact person, name and position | Mgr.Vendula Stará  Faculty Erasmus+ coordinator | Contact person e-mail / phone | [+42060224758](tel:+420602247584)4  [starav@pharm.muni.cz](mailto:starav@pharm.muni.cz) |
| Type of enterprise:  NACE code [[6]](#endnote-7)  (if applicable) | P 85.42 | Size of enterprise  (if applicable) | <250 employees  >250 employees |

#### For guidelines, please look at the end notes on page 3.

#### **Section to be completed BEFORE THE MOBILITY**

#### **I. PROPOSED MOBILITY PROGRAMME**

Language of training: English

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| **Overall objectives of the mobility:**  The main purpose of the training course **Emotional intelligence** is to provide participants with the know-how needed to recognize and to develop inner resources in order to create transformational and sustainable environments for supporting themselves in personal, social and professional life with focus on emotional intelligence. The course looks at the Emotional Intelligence (EI or EQ) as the game-changer - the superpower you didn't know you had. Even on the academic (and any work-related) landscape, success goes beyond technical skills and IQ and EQ is more valued. |
| **Added value of the mobility (in the context of the modernisation and internationalisation strategies of the institutions involved):**  The modern times we are living in have been emotionally challenging and the effects of stress and life's difficulties are increasingly visible. People are often unable to deal with their feelings, not speaking of seeking help when facing mental health challenges. All feelings and emotions are needed and valid. There is no right or wrong. No negative or positive. Having a decent emotional intelligence and being able to name one´s feelings and needs is one of crucial skills modern person needs.  All parties (participant and both – sending and receiving institution) will have a chance to enhance networking and professional relationships with academic and non-academic staff members from various environments, inspire, motivate and support each other and establish opportunities for cooperation with other institutions. |
| **Activities to be carried out:**  The program will include topics and activities like:   * theory how the emotions can hijack our mind and body * 5 pillars of emotional intelligence - self-regulation, social skills, empathy, motivation and self-awareness * emotional strategies - how do we cope with emotions? * useful tips for self-regulation and social skills * emotional compass tool * non-violent communication * thinking patterns and how to break them * techniques and tips for how to bring more joy, empathy and humanity into our lives * intercultural exchange * place to see and be seen - all emotions are valid and welcome * and many more |
| **Expected outcomes and impact (e.g. on the professional development of the staff member and on both institutions):**  The training aims to help participants to  - Build bridges, not walls: Navigate communication with family, friends, colleagues and students with clarity and empathy, even when things get heated.  - Lead with impact: Inspire and motivate your beloved and team, creating a positive and productive learning environment where everyone can flourish  - Conquer stress and burnout: Develop resilient coping mechanisms to thrive in the fast-paced academic world.  - Boost personal growth: Unlock your full potential and build healthier, happier relationships in all aspects of life.  stay in the present moment and take care of their mental health. |

**II. COMMITMENT OF THE THREE PARTIES**

By signing**[[7]](#endnote-8)** this document, the staff member, the sending institution and the receiving institution/enterprise confirm that they approve the proposed mobility agreement.

The sending higher education institution supports the staff mobility as part of its modernisation and internationalisation strategy and will recognise it as a component in any evaluation or assessment of the staff member.

The staff member will share his/her experience, in particular its impact on his/her professional development and on the sending higher education institution, as a source of inspiration to others.

The staff member and the sending institution commit to the requirements set out in the grant agreement signed between them.

The staff member and the receiving institution/enterprise will communicate to the sending institution any problems or changes regarding the proposed mobility programme or mobility period.

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| **The staff member**  Name:  Signature: Date: |

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| **The sending institution/enterprise**  Name of the responsible person:  Signature: Date: |

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| **The receiving institution**  Name of the responsible person: Mgr. Vendula Stará, Faculty Erasmus + coordinator  Signature: Date: |

1. In case the mobility combines teaching and training activities, **the** **mobility agreement for teaching template** should be used and adjusted to fit both activity types. [↑](#endnote-ref-2)
2. **Seniority:** Junior (approx. < 10 years of experience), Intermediate (approx. > 10 and < 20 years of experience) or Senior (approx. > 20 years of experience). [↑](#endnote-ref-3)
3. **Nationality:** Country to which the person belongs administratively and that issues the ID card and/or passport. [↑](#endnote-ref-4)
4. **Erasmus Code:** A unique identifier that every higher education institution that has been awarded with the Erasmus Charter for Higher Education receives.. It is only applicable to higher education institutions located in Programme Countries. [↑](#endnote-ref-5)
5. **Country code**: ISO 3166-2 country codes available at: [https://www.iso.org/obp/ui/#search](https://www.iso.org/obp/ui/" \l "search). [↑](#endnote-ref-6)
6. The top-level NACE sector codes are available at <http://ec.europa.eu/eurostat/ramon/nomenclatures/index.cfm?TargetUrl=LST_NOM_DTL&StrNom=NACE_REV2&StrLanguageCode=EN> [↑](#endnote-ref-7)
7. Circulating papers with original signatures is not compulsory. Scanned copies of signatures or electronic signatures may be accepted, depending on the national legislation of the country of the sending institution (in the case of mobility with Partner Countries: the national legislation of the Programme Country). [↑](#endnote-ref-8)