	LEARNING PLAN TITLE	
	PERSONAL COMPETENCES LINKED TO THE ORGANISATIONAL VALUES	

A.- IDENTIFICATION OF THE TRAINING MATERIAL

NAME OF TRAINING MODULE	PERSONAL COMPETENCES LINKED TO THE ORGANISATIONAL VALUES
TOTAL NUMBER OF TRAINING HOURS STIMATED	20
a- THEORICAL HOURS	5
b- PRACTICAL HOURS	15

B.- TECHNICAL DESCRIPTION OF THE TRAINING MATERIAL

PROFILE OF THE TARGET GROUP	TEACHERS AND VOCATIONAL TRAINING ADVISORS
GENERAL OBJECTIVE OF THE TRAINING MATERIAL	To allow to the teachers to be able to issue to their students, the acquisition, improvement and transference of the main values required by the companies to their workers, giving them the pedagogic-emotional tools, methods and instruments allowing their students to develop these values systematically, methodically and in a structured manner.
SPECIFIC OBJECTIVES OF THE TRAINING MATERIAL	• To reinforce the personal ability to carry out personal and / or professional projects, being persistent, in order to achieve an excellent performance. • To guarantee the ability to be aware of one's own emotions, the suitable evaluation of oneself, self-confidence. Perception, estimation and expression. • To handle our own feelings, impulses, states and internal needs. It takes into account: Emotional self-management, transparence, adaptability, achievement, initiative and optimism. • To develop the ability to cope with adverse and negative situations with optimism and be able to adapt well to the threats, traumas or severe stress.

	CONTENTS/INDEXS OF THE TRAINING MATERIAL	TIMING PER DIDACT UNIT (NUMBER OF HOURS):
1	FOCUS ON ACHIEVEMENT: 1. Establish challenges 2. Persistence and Perseverance 3. Self-motivation for achievement	5
2	SELF-AWARENESS AND SELF-ESTEEM: 1. The power of emotions 2. Emotional self-awareness 3. Self-esteem	5
3	SELF-CONTROL: 1. Emotional Regulations 2. Coping techniques 3. Acquire the ability to solve problems	5
4	RESILIENCE: 1. The pillars of resilience 2. Proactivity and resilience 3. Constructive thinking	5