

ACADEMY OF SOCIAL
COMPETENCY



7+
BASIC
COURSE

READY-TO-TEACH PROGRAM FOR TRAINERS

academyofsocialcompetency.com

CREATED BY:
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COURSE GOALS:

Developing communicative competency, training of verbal communication skills, teaching of non-verbal body language, developing manners and basics of etiquette, improving the skills of understanding one's self and other people.

LEARNING OBJECTIVES:

- Develop the skills of verbal communication
- Teach the basics of non-verbal body language
- Develop independent judgment
- Intensify the process of self-observation and self-presentation
- Develop cognitive and creative abilities
- Form listening and empathy skills
- Develop the ability to work in small and large groups
- Establish goodwill and positive perception
- Teach good manners and the basics of etiquette
- Develop the ability to recognize and control emotions
- Educate about the responsibility of creating a personal image





FOR: AGES 7 - 12

- Full course: 20 lessons (once a week)
- Length of each lesson: 60 minutes
- Duration: 5 months
- Audience size: 4 - unlimited

COURSE MAP:

- Body language: differentiating emotional states (joy, sadness, fear, anger, surprise, disgust); self-expression through non-verbal means of communication (gestures, facial expressions, intonations, gait)
- Social skills: expressiveness of speaking; collaboration with peers; ways of verbal communication (dialogue, discussion, conversation, public speaking); speech formulas of courtesy (request, gratitude, empathy); open and closed questions; compliments; self-presentation; positive thinking
- Appropriate look: personal hygiene; requirements for appearance; elements of a personal image; clothing as a way of self-expression; concept of image; self-reflection
- Good manners: rules of conduct (at home, parties, public transportation, theatres); presenting and receiving gifts; phone conversation
- Dining etiquette: serving items; use of cutlery and linen napkins; table mannerisms

A STEP-BY-STEP METHOD MANUAL:

- Timed Lesson Plan
- Detailed Trainer's Guide
- Visual materials

COURSE INCLUDES:

Warm ups, role-playing, physical activities, individual assignments, practical exercises and working in pairs.

