

From Challenges to Opportunities

Influence Group Dynamics
Improve Work Atmospheres



Stephan Rinke-Mokay

Social Worker and Biologist

**All-Day Interactive
Workshops for
Educators,
Companies, and other
Groups**

www.you-first.ae

info@you-first.ae

You First
Social Services

Tailored To Your Needs

Offers for Educators

Content:

- **Class Room Management:** The right balance between strict and fun
- **From Force to Cooperation:** Why willing obedience always beats forced obedience
- **Communicating with parents:** Tools for mutual understanding and cooperation
- **Being in Control in the Classroom:** Shaping group dynamics, improving work atmospheres
- **Taking Care of Yourself:** Why professionalism is good for your mental health
- **Different Nationalities, Similar Solutions:** Education in the light of interculturalism

Benefits:

Our interactive workshops are grounded in years of experience. Instead of listening to theory-laden presentations, you will take on the role of a student, experiencing the effects of the applied approaches first-hand. We will provide you with numerous tools, activities, guidelines, and challenges which could be applied in your classroom immediately. You will develop a more profound understanding of how to work with your students harmoniously, improving their productivity and the well-being of anyone involved.



Offers for Companies

Content:

- **Productive Communication:** Avoid misunderstandings, improve the atmosphere, reach your goals
- **Cooperation at the Workplace:** Boost productivity, tear down barriers, unleash potential
- **Mental Health at the Workplace:** Built resilience, support each other, understand and respect your own needs
- **Different Origins, Similar Destinations:** Communication in the light of interculturalism
- **The Problem isn't the Problem:** How the focus on solutions turns challenges into opportunities
- **Getting to Know the Face Behind the Desk:** Learn more about your colleagues and improve work atmospheres

Benefits:

The work atmosphere is one of the most important factors affecting turnover rates, productivity, happiness, and the number of sick days taken by employees. Therefore, enhancing group dynamics and mutual understanding is a valuable investment. In our interactive and inclusive workshops, we will focus on mental health, shared activities, connectivity, communication, cultural awareness, and fostering a positive mindset. We will show you how you can sustainably improve group dynamics and work atmospheres for the benefit of everyone involved.



Workshops

Duration: all-day workshop, 8-9 hours (with breaks)

Location: on the clients demand, ideally in-house

Requirements: spacious location allowing interactive group activities

Number of participants: 10-20

Price: 10,000 AED per in-house workshop (including certificates of attendance and handouts)

Available languages: English, German

