SOURCE CODE
TECHNOLOGY
[SCT]
FOUNDATION

THE + – CODE
SCHOOL PROGRAM

FACILITATOR TRAINING PROGRAM

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FACILITATOR TRAINING PROGRAM

A) DESCRIPTION

In order to train adults and teachers and to help schools with the implementation of **The +|- Code program**, the **Source Code Technology (SCT) Foundation** offers complete training modules for teaching teams.

50-hour online module on Emotional Intelligence

- **3 Introduction videos** to understand the importance and meaning of Emotional Intelligence, integrate key concepts, and develop psychological and pedagogical skills to present the program

- **26 Online Courses** that accompany the 26 subjects of The +|- Code Program, giving tools for Facilitators to manage their group, answer their questions and help them develop their EQ

- **1 video of EQ Transformational Exercises** such as breathing techniques, body movements to learn to manage emotions

FACILITATOR TRAINING PROGRAM

B) 15 MAIN OBJECTIVES

1. **Analyze the societal dynamics that increasingly lead to behavioural problems**, such as violence, lack of discernment, relationship problems, suicidal tendencies and high dropout rates among today's youth

2. **Study how these societal dynamics are also found in the corporate world** through depression, overwork, burn-out, lack of motivation, harassment, feelings of no longer being able to manage one's work
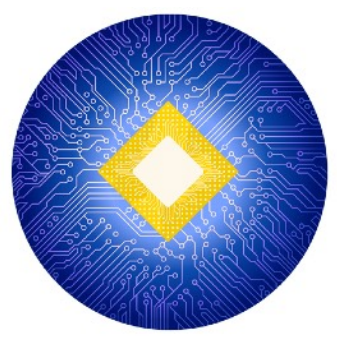
3. **Discover the benefits of emotional intelligence** and how it can provide concrete solutions to these societal problems

4. **Study what emotional intelligence (EQ) really is, how it can be applied practically** to increase our discernment (especially regarding fake news and influences from social networks and our environment)

5. **Decode the positive and negative aspects of images and videos** in order to learn how to evaluate ourselves and our environment to understand the multi-dimensions of emotions in relationships

6. **Learn to use the +|- Code pedagogical tool** and become familiar with its online application

7. **Learn how to handle the questions from the students** and how to create a harmonious learning dynamic
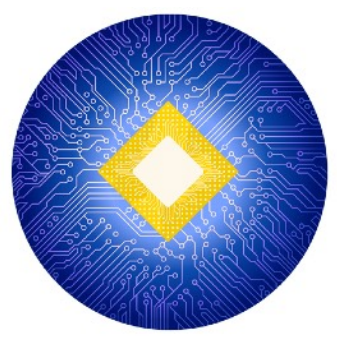

8. **In-depth study and practice** of the first year subjects of the Teacher Manual

9. **Learn to manage one's emotions and to develop one's EQ** in a school, professional or personal context, in order to develop a balanced life at all levels

10. Explore the main avenues that help us, through emotional intelligence, **to become positive leaders and make wise decisions**

11. **Develop the fundamental knowledge about emotional intelligence** (body and facial expressions, symbolic language, resonance, memories, projections)

12. **Study how High Potential (HP) students can also complement their skills significantly** by developing their EQ with The +|- Code

13. **Help students with learning difficulties, autistic spectrum disorders, dyslexia or ADHD** and learn how they can greatly benefit from developing their emotional intelligence with The +|- Code

14. **Learn how to bring up other topics or media** (movies, audio, video, games) to deepen the EQ in various areas

15. **Learn how to teach EQ Transformational Exercises** (breathing, body movements)

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C) ORGANIZATION

Once your organization is ready to start the Facilitator Training, here are the steps to follow:

1) Watch Introduction videos

There are 4 Introduction videos (app. 4.5h) that the facilitators can watch autonomously at first. They are available on their +|- Code online account.

2) EQ classes + 26 videos

The facilitators can be altogether to attend EQ classes on the +|- Code program. We suggest the following schedule for a facilitator's class:

- **Watching one video of The +|- Code**
  (25 minutes, where you can pause the video, discuss, etc.)
- **Discussing about the content of the video**
  (10-15 minutes of questions, comments, etc.)
- **Taking the EQ tests**
  (20-25 minutes, online or in the books)
- **Watching the video training that corresponds to the test and that explains the answers**
  (60-90 minutes, available on their +|- Code account)

Note: A complete class represents approximately 2.5 to 3h. If you wish, you could organize such classes during 13 days or 26 evenings.
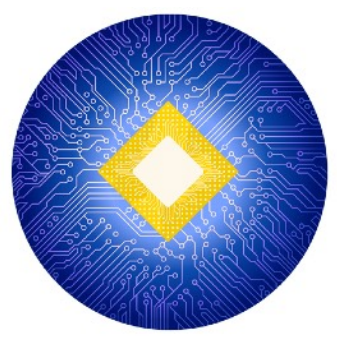
3) Minimum Requirement

Facilitators of The +|- Code Program can start teaching Emotional Intelligence after completing 9 EQ tests and watching 9 online training. **The average of the EQ tests must be at least 80%.** The future facilitators can take the tests up to 4 times on their online account.

After the first 3 steps above, facilitators are ready to teach EQ to students and they continue their training to cover the 26 Editions.

4) Meeting with the Professors of The +|- Code (optional)

After the first 2 classes (about Cats and Dogs), an online class can be organized where the future facilitators meet some of our professors and can ask questions. This is optional but we think that this connection could allow all participants to ask questions and develop a deeper connection with the program and its creators. This would be a 2h online training. We can schedule as many as you wish.

The entire +|- Code team thanks you for your attention and interest in this unique Educational Program.

To register, or for any information about the Training, please contact us at:

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