

Country	Institution	Module	ECTS
.....	Individual Personal Development and Meta-Communication	2.0

Service	Minimum Qualification for Lecturers <ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B2 or NATO STANAG 6001 Level 3. University degree of social/human science. Practical experience in topics.
All Languages English	

Prerequisites for international participants <ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2. After second year of service. Voluntary 	Goal of the Module <p>The student has a better understanding of his own personality.</p> <ul style="list-style-type: none"> The difference between the introspection and the external perception is reduced. She/he has a better understanding of her/his emotional capabilities as military leader in peace time or in combat situations. She/he is able to differentiate which of her/his emotions should be communicated. She/he is able to find the most effective method of communicating depending on the situation. She/he is able to motivate her/him-self as well as other persons. At the end of the course the student is able to transmit the new knowledge and skills to other persons.
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Learning outcomes	Know- le d g e	<ul style="list-style-type: none"> Basic knowledge of emotional intelligence (EQ). Basic knowledge of communication. Basic knowledge of combat motivation.
	Skills	<ul style="list-style-type: none"> Understand the difference between the own introspection and external perception and be able and willing to reduce the difference. Analyse own emotional capabilities. To be able to communicate and handle own emotions in different situations. To be able to motivate her/him-self as well as other persons. To be able to transfer the new knowledge and skills to inferiors.
	Compe- te n c e s	<ul style="list-style-type: none"> The leader/decision maker is capable to differentiate between emotional and rational decision making. She/he improves problem solving abilities according to newly learned interaction skills. The communicator is capable of communicating and interacting with soldiers successfully, also from foreign countries. The learner/teacher is capable to transfer the newly learned knowledge and competences. On top of this she/he is capable of a basic assessment of other persons' communication competences. The critical thinker is capable to discuss controversial and different problem solving strategies.

Verification of learning outcomes

- Observation and debriefing: At the end of the module a canned role play will take part. With the help of the audience and video-recording a thorough debriefing will be done.

Module Details

Main Topic	Recommended Working Hours	Details
Personal Introduction	2	<ul style="list-style-type: none"> • Thorough and in-depth introduction in a non-traditional and unconventional way (i.e. game, introduction by a strange person, ...).
Introduction of the Module	1	<ul style="list-style-type: none"> • Short course description. • Special attention on the course aim (i.e. discussions, personal experience examples, videos, ...).
Experience and Quality	5	<ul style="list-style-type: none"> • Theoretical knowledge (reading material). • Individual testing material. • Practical tests.
Personal Flexibility	8	<ul style="list-style-type: none"> • Open mind and empathy. • Theoretical knowledge about empathy (reading material). • Individual testing material (empathy). • Practical tests (empathy).
Reducing Fears	4	<ul style="list-style-type: none"> • Conflict solving situation. • Exam situation. • Speaking in front of audience. • Some theory, case study, practical exercises.
Communication	4	<ul style="list-style-type: none"> • Various communication models. • Verbal and non-verbal communication. • Communication to superiors and inferiors (differences?). • Some theory, case study, practical exercises.
Combat Motivation	2	<ul style="list-style-type: none"> • Maslow in connection with Oetting. • Some theory, case study.
Rhetoric	3	<ul style="list-style-type: none"> • Practical exercises.
Canned Role Play	5	<ul style="list-style-type: none"> • Prepared situations with prepared and non-prepared role-players. • Video registration and debriefing possibilities.
Additional hours to increase the learning outcomes		
Cultural Event	4	<ul style="list-style-type: none"> • During the week one cultural trip to intensify the interpersonal and intercultural relationship.
Self-Study	12	<ul style="list-style-type: none"> • Enhancing knowledge by studying specific documents. • Reflection of the topics issued.
Total	50	