

Project Number 282910

ÉCLAIRE

**Effects of Climate Change on Air Pollution Impacts and Response
Strategies for European Ecosystems**

Seventh Framework Programme

Theme: Environment

D23.4 Final periodic report on training

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Organisation name of lead contractor for this deliverable :
UNIVERSIDAD POLITECNICA DE MADRID (UPM)

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Dissemination Level		
PU	Public	<input type="checkbox"/>
PP	Restricted to other programme participants (including the Commission Services)	<input checked="" type="checkbox"/>
RE	Restricted to a group specified by the consortium (including the Commission Services)	<input type="checkbox"/>
CO	Confidential, only for members of the consortium (including the Commission Services)	<input type="checkbox"/>

1. Executive Summary

- This report summarises activities during the third reporting period in WP23 (Training)
- There were no planned activities during this period, however an assertiveness workshop was organised during the 4th and Final General Assembly
- The workshop lasted for 2 hours and was attended by 12 people

2. Objectives:

The objective of this report is to summarise activities during the second reporting period in WP23 (Training)

3. Activities:

There were no activities planned for this period, however an assertiveness workshop was organised during the week of the 4th and Final General Assembly.

4. Results:

The following describes the content of the workshop which was organised. It was attended by 12 participants, for two hours. Registration was offered to both males and females attending the 4th and Final General Assembly, on a first come first served basis, free of charge.

An Introduction to Assertiveness

This enjoyable introduction course will help you to develop your own abilities to deal with difficult situations & be assertive and also understand others better.

Workshop contents

- Recognise what assertiveness is and what assertiveness is not.
- Be able to identify and be aware of your own understanding of assertiveness.
- Know the difference between assertive, aggressive, manipulative and passive behaviour.
- Support & encourage you to develop your assertiveness skills.

The course was led by an experienced trainer and was backed up by a course booklet, group and individual practical exercises. The trainer also provided further information on the links between gender, personality type and assertiveness.

5. Milestones achieved:

There were no milestones due in this period.

6. Deviations and reasons:

There were no deviations from the DoW, except for offering an extra training opportunity to ECLAIRE project participants.

7. Publications:

None

8. Meetings:

The training was held at the 4th and Final General Assembly.

9. List of Documents/Annexes:

None