

FREE PUBLIC SPACES

6 TRAINING SKILLS

1

EMOTIONAL MANAGEMENT

Essential for maintaining composure and making informed decisions in the face of adversity, crucial for empowerment and combating sexist harassment.



VERBAL AND NON-VERBAL COMMUNICATION

Clear and assertive communication aids in setting boundaries and recognizing and addressing inappropriate behavior effectively.

2

3

EMPATHY

Fosters understanding, support, and validation for victims of harassment, creating a culture of respect and inclusivity in the workplace.



WORK ETHIC

Upholding ethical standards and demonstrating dedication fosters a professional environment that values integrity and accountability.

4



5

CONFLICT RESOLUTION

Essential for addressing interpersonal disputes constructively, promoting harmony, and preventing escalation of conflicts.



ACTIVE LISTENING

Facilitates understanding and validation of others' experiences, promoting open communication and empathy in addressing gender-based issues.

6

