



Training Center of  
Justice of Georgia



Dienst Justitiële Inrichtingen  
Ministerie van Justitie en Veiligheid



## Agenda

### Tuesday 3 December: Arrival Day

### Wednesday 4 December:

Time	Activity	Address
08:30	<p>Meet in the lobby of the Fletcher Hotel Nieuwegein-Utrecht.</p> <p>*If you are staying at a different hotel, you can go directly to the training venue.</p>	<p><b>Fletcher Hotel-Restaurant Nieuwegein-Utrecht</b></p> <p><b>Buizerdlaan 10, 3435 SB Nieuwegein</b></p> 
09:00	<p>Official opening of the training. Welcome words by Training Institute of the Dutch Custodial Institution Service, EuroPris, and Training Center of Justice of Georgia.</p> <p>Introduction, revealing participants' expectations; sharing participants experience regarding Stress Management practices</p> <p>Overview of training objectives.</p> <p>Presentation on different types of occupational stress (acute, chronic, burnout)</p> <p>Activity: Stress mapping to identify personal stressors.</p>	<p><b>Opleidingsinstituut DJI Nieuwegein (DJI training institute)</b></p> <p><b>Plettenburg 7</b> <b>3439 LW Nieuwegein</b></p>
10:30	Coffee break	
11:00	<p>Risk and protective factors of stress.</p> <p>Case study activity: Assessing risk and protective factors in fictional work scenarios.</p>	



	Group debrief: Presentation of case study findings.	
<b>12:30</b>	Lunch	
<b>13:30</b>	<p>Presentation: Impact of stress on physical and mental well-being.</p> <p>Role-playing exercise: "Stress in Action" – acting out stress-induced re Group discussion:</p> <p>Analysing the signs of stress observed in role-play scenarios, actions.</p>	
<b>15:00</b>	Coffee break	
<b>15:30</b>	<p>Effective communication strategies (active listening, empathy, assertiveness).</p> <p>Activity: Role-playing effective vs. ineffective communication in conflict situations.</p> <p>Group discussion: Overcoming communication barriers to reduce stress.</p> <p>Problem-focused and emotion-focused coping strategies.</p> <p>Activity: Creating a personal "Stress Management Toolkit."</p>	
<b>17:30</b>	End of training day.	
<b>18:00</b>	Dinner	<p><b>Fletcher Hotel-Restaurant Nieuwegein-Utrecht</b></p> <p><b>Buizerdlaan 10, 3435 SB Nieuwegein</b></p>



### Thursday 5 December:

Time	Activity	Address
<b>08:30</b>	<p>Meet in the lobby of the Fletcher Hotel Nieuwegein-Utrecht.</p> <p>*For participants staying at a different hotel, you can go directly to the training venue.</p>	<p><b>Fletcher Hotel-Restaurant Nieuwegein-Utrecht</b></p> <p><b>Buizerdlaan 10, 3435 SB Nieuwegein</b></p> 
<b>09:00</b>	<p>Activity: Reflect and share key takeaways from Day 1.</p> <p>Self-assessment activity: Evaluating personal coping strategies and stress resistance.</p> <p>Group discussion: Identifying strengths and areas for improvement in stress management.</p> <p>Activity: Developing a personal stress resistance plan.</p>	<p><b>Opleidingsinstituut DJI Nieuwegein (DJI training institute)</b></p> <p><b>Plettenburg 7</b> <b>3439 LW Nieuwegein</b></p>
<b>10:30</b>	Coffee break	
<b>11:00</b>	<p>Conflict management and negotiation strategies in high-stress environments.</p> <p>Role-playing: Conflict resolution between staff and inmates/managers.</p> <p>Group discussion: Strategies for fostering cooperation and reducing stress</p> <p>Activity: Each participant commits to one action to improve their stress management.</p>	



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	Feedback session: Participants provide input on the training experience.	
13:00	End of the training. To-go lunch boxes will be provided.	