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STUDY GUIDE

Poetry writing workshop

Learn how to use poetry workshops to share emotions and strengthen public speaking competencies

Course/training name	**Poetry writing workshop** Learn how to use poetry workshops to share emotions and strengthen public speaking competencies
Host Institution(s)	Nantes Université
Co-organising Institution(s) (if applicable)	/
Course level (if applicable)	none
Name and faculty of the lecturer(s)/trainer(s)	GIGERICH Clarence – Project Manager for Sustainable Campus and Student Wellbeing
Mode of delivery	Online live
Location (if applicable)	Online
Dates of the online component (if applicable)	From 17 November 2026 to 17 November 2026
Cost	None

Co-funded by the European Union

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Application procedure	Application form on the EUniWell Courses and Training Catalogue *Specific process (if any):*
Target audience(s)	☒ Bachelor's ☒ Master's ☒ PhD ☒ Educators ☒ Researchers ☒ Administrative staff
Selection criteria	We do not impose any selection criteria, but if the number of registrations exceeds the maximum capacity, we reserve the right to contact you to suggest an alternative training date.
Prerequisites	None. However, please note that this training course may be of particular interest to staff members working on team spirit and the organisation of group activities. It is also particularly relevant for students who are members of associations organising events focused on well-being or social interaction.
Language(s) of instruction and recommended CEFR level	English B1 minimum
Main Thematic Arena(s)	☐ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☒ Arena 4 - Culture, Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☒ Transversal ☐ Well-Being Centre for Advanced Studies
Field(s) of research / study	Language, writing, poetry, oral tradition
Related Sustainable Development Goals (SDG)	☐ 1 - No poverty ☐ 2 - Zero hunger ☐ 3 - Good health & well-being ☒ 4 - Quality education ☐ 5 - Gender equality ☐ 6 - Clean water & sanitation ☐ 7 - Affordable & clean energy ☐ 10 - Reduced inequalities ☐ 11 - Sustainable cities and communities ☐ 12 - Responsible consumption & production ☐ 13 - Climate action ☐ 14 - Life below water ☐ 15 - Life on land ☐ 16 - Peace, justice & strong institutions

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	☐ 8 - Decent work & economic growth ☐ 9 - Industry, innovation & infrastructure		☐ 17 - Partnerships for the goals		
Number of ECTS	None				
Workload in hours	3 hours				
Key words	Language and writing	Self-confidence	Poetry and oral tradition	Safe place	Public speaking
Catch Phrase	Discover how poetry workshops can unlock emotions, build community, and give everyone a right to the stage				
Total number of places for EUniWell participants	15				
Abstract	*The course is open to everyone, regardless of your field of work. No prior experience or skills in writing or poetry are required.* *The objective of this training course is to equip participants with the skills needed to lead a writing workshop in the future, whether for a group of students or university staff, as part of events or team-building sessions.* *The aim of the training is to put participants at ease in the role of facilitator, to explain the structure of a workshop and to familiarise them with the facilitation tools used. You will be provided with materials at the end of the training course to enable you to work independently from your very first workshop. All the tools provided are open educational resources, which means you will be able to adapt them to your needs, translate them and use them as often as necessary.* ***Here is a summary of the workshop's objectives*** - *Self-reflection: to engage in reflective work on one's personal history and, depending on the context, to make a connection with a theme* - *To recount a personal or collective story about a project* - *To create one or more convivial moments for sharing emotions,* - *To encourage participants to speak up, thereby building their confidence in*				

	their right to occupy the public speaking space and address an audience. ***Skills involved:*** *Collaborative learning, individual learning, communication, sharing and receiving emotions, oral communication, curiosity, imagination, boldness*
Programme / session(s)' schedule	17 Novembre 2026, 9.30 to 12.30am (CEST)

Developed skills and competences (ESCO)	- *0231 - language acquisition*
	  ○ Voice interpreting
	
	- *S1.14.2 - performing artistic or cultural activities*
	  ○ Engage the audience emotionally
	  ○ Entertain people
	
	- *S1.13.2 - artistic and creative writing*
	
	  ○ ***Prepare speeches***
	
	- *T4.1 - communicating*
	  ○ *address an audience*

Objectives and learning outcomes	**Objectives** By the end of the training, participants will be able to: • Design and lead a poetry or slam writing workshop in a group setting. • Create a supportive space for expression that encourages creativity, active listening and the sharing of emotions. • Employ writing techniques to support poetic creation (imagery, rhythm, constraints, wordplay, storytelling, etc.). • Support participants in developing their confidence in speaking and their personal expression. • Facilitate sessions involving reading, vocalisation and public speaking tailored to different audiences. **Learning outcomes** Participants will be able to: • Identify the principles and stages of a poetry/slam writing workshop. • Use various prompts and writing techniques to stimulate the imagination and expression. • Guide a group in exploring emotions through writing and sharing. • Foster an atmosphere of listening, respect and trust within the group. • Support the vocal delivery of a text: breathing, rhythm, presence,

	intention and orality. • Encourage oral expression and public speaking in a safe environment. • Adapt activities according to participants' profiles, needs or levels of confidence. • Provide constructive feedback that fosters self-esteem and creative development.
Assessment methods and criteria, including grading scale (if applicable)	None
Type of certification issued upon attendance or completion	Certificate of participation
Contact	List of local EUniWell catalogue's coordinators available here. *For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.*