



Respire, Remember, Response



Co-funded by the  
Erasmus+ Programme  
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## 3R (*Respire, Remember, Respond*)

# Emotional Intelligence for reducing recidivism

## RECENT EVENTS

The first Intellectual Output of our 3R project culminated with the first staff training held in the city of Cordoba (Spain) from 20 to 22 October 2021, with INDEPCIE as host and organiser of the event.

During these three days of training, the partners presented the training modules developed in the first part of the project, aimed at improving the emotional health of prison workers in their daily work. In addition, the representatives of the seven participating organisations put into practice some of the complementary tools developed during these first months. With different approaches, from psychology, emotional intelligence and NeuroLinguistic Programming, the partners proposed different activities with which to manage the stress and anxiety generated in an environment and in a group in which emotional health plays a fundamental role.

Along with the participation of staff members from the participating organisations, the contribution of external trainers and experts, invited by the partners, was particularly rewarding. Particularly enlightening was the point of view offered by representatives of the Danish Prison Officers Corps, invited by BrainLog, who gave us a first-person perspective on training and showed us the problems they face in their daily work.



### **Shortly about project:**

3R project will develop, pilot and implement a framework of methodology, tools, learning programs and recommendation for both targets. The goal is to endow the inmates to be aware of their options to design a different and new future from their last months in prison and their immediate release, the assumption of responsibility and the making of decisions and actions thinking in their reentry in society.

The overall objective of this project is to introduce a training method based on Emotional Intelligence against violence and aggressiveness as working tools in penitentiary centers in order to break the circle of recidivism. Our method is to start at grass root level, and therefore our target group is involved in all the steps of the project.



# What next?

Once the material for prison workers has been developed and the first training activity for staff has taken place, our 3R project will face the second phase. On this occasion, the focus will be on socio-emotional work with inmates who are in the third grade, in the six months prior to their release, so that they find the tools that allow them to reintegrate into society and avoid reoffending. In other words, 3R is entering its key phase, for which it was conceived and designed.

## Comming events

16-17/12/2021  
1 st CONSORTIUM MEETING

After postponing the face-to-face KOM in Romania due to the pandemic and after the first staff training, the partners agreed to meet in Krakow (Poland) for the first project meeting organised by our hosts of SEDA.

## PROJECT PARTNERS

Asociatia Centrul de  
Mediere Culturala,  
Dezvoltare Umana si  
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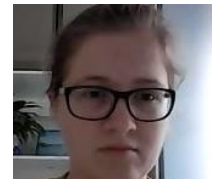
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