

## COMPLEMENTARY TRAINING MANUAL FOR USERS

### SKILL DEVELOPER:

GrowthCoop

### NAME OF THE SKILL:

#### PROBLEM-SOLVING

It is the ability to solve novel, ill-defined problems in complex, real-world settings. This skill has to do with the acquisition of the mental elasticity to solve problems we've never seen before, and being able to solve them in a landscape that's constantly changing and getting more complex.

### COMPETENCES:

- Act in a proactive manner.
- Control of your emotions
- Decision making
- To evaluate the impact of our decisions

### OBJECTIVES:

- Identify the importance of problem solving in the world of work.
- Recognizes the importance of problem solving in obtaining and keeping a job
- To acquire knowledge and abilities for management and resolution problems.
- Identify barriers to solving problems and how to overcome them
- To handle more effectively future problems.

### OUTCOMES:

- Develop problem solving skills in the workplace
- Mechanisms for diagnosing and interpreting a problem at work.
- Apply different decision-making tools and implement decisions effectively.

- Learn how to apply logical and creative approaches to solving problems and making decision
- Learning techniques and tools for problem solving. Explore traditional and creative tools for to generate solutions

### INFO ABOUT THE EXPERT:



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Graduate in Psychpedagogy and Doctor of Education, MBA - Business Management, Master in Special Education. He works as an Associate Professor of Evolutionary Psychology and Education at the University of Almeria. He has several publications among which we can highlight the Cognitive Skills Training Programme - INTELIGENCIA XXI - Editorial EOS.

He has been a speaker at various conferences;

XX INFAD CONGRESS "POSITIVE PSYCHOLOGY, FAMILY LEARNING: PSYCHOLOGY, DEVELOPMENT AND EDUCATION" held in Moscow - St. Petersburg, 24 April to 2 May 2013.

I INTERNATIONAL CONGRESS ON SPECIAL NEEDS FOR EDUCATIONAL SUPPORT held in Almería, 26, 27 and 28 November 2014.

XXIV INTERNATIONAL CONGRESS OF INFAD PSYCHOLOGY: 'PSYCHOLOGY TODAY. CHALLENGES, ACHIEVEMENTS AND PERSPECTIVES OF THE FUTURE' & I INTERNATIONAL CONGRESS ON HEALTH AND LIFE CYCLE: "ADVANCES, ACHIEVEMENTS AND A PANORAMA OF THE FUTURE" held in Almería from 25 to 28 April 2017.

### HOW TO IMPROVE THIS SPECIFIC SKILL:

- Link to the podcast
  - <http://lacjum.8p.pl/fs2022/IO1/pod/9/2.mp3>
- Bibliographic references
  - <https://www.thebalancecareers.com/problem-solving-skills-with-examples-2063764>
  - <https://www.wikijob.co.uk/content/interview-advice/competencies/problem-solving>

Videos

<https://www.youtube.com/watch?v=klAE9ML0XLs>



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[https://www.youtube.com/watch?v=PNbwxUYSLS&feature=emb\\_logo](https://www.youtube.com/watch?v=PNbwxUYSLS&feature=emb_logo)

<https://www.youtube.com/watch?v=bZXDGQSuF9I>

<https://www.youtube.com/watch?v=QQiTJAFyNrU>

<https://www.youtube.com/watch?v=SrIYkx41wEE>

<https://www.youtube.com/watch?v=QbxYiUG5RRI>

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