Challenges	Methods	Topics and skills taught				
		Education (Sections 2.1 to 2.5)	**Workplace settings** (Section 3.1)	**Medical settings** (Section 3.2)	**Therapeutic settings** (Section 3.3)	**Everyday settings** (Section 3.4)
Four learning principles (in bold) and the associated key **challenges:** • providing timely **feedback** (currently post-hoc, coming from trainer/peers) • creating opportunities for real-world **practice** (currently limited mostly to in-session training) • **embedding learnt skills into everyday life** (very little is possible for curricula designers at the moment) • facilitating learners' **engagement and motivation** **Shared across domains**	**Key methods,** based on **procedural learning** approaches: • supporting personal experience and opportunities to try out the skills in practice • using model situations, role-plays • slowly building to more complex situations, preferably based on real-world experiences of the learners • feedback from others is key during practice **Shared across domains**	**Four core areas:** • identify and understand emotions • self-control strategies • communication skills • dealing with conflict and problematic situations	**Diverse topics around 'emotional intelligence'** • leadership skills • cooperation and communication skills • self-management and planning • other personal skills, e.g., via coaching	**Self-oriented skills:** • stress, coping and life-style management **Interpersonal skills:** • patient-clinician communication e.g., motivational interviewing • empathic skills	**Therapy process (supporting the patient):** • wide range of social and emotional skills depends on the patient's issues **Training and skills development of therapists:** • developing detailed self-awareness • active listening and empathy skills • techniques and approaches of the therapeutic approach	**Diverse topics:** • non-clinical interventions, e.g., interpersonal skills courses, mindfulness based stress reduction • life-coaching and other commercial consultation • self-driven change