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The ERASMUS+ Programme

„Stop being couch potatoes! Developing social
and entrepreneurial skills for Neets”

Project number 2018-1-SK-01-KA204-046335



Workshop scenario

General information about the workshop

Discover your strengths

Name of Social Competence	Self-esteem
Name of the workshop	Discover your strengths
Learning Objectives	<ul style="list-style-type: none"> • To identify and give value to one's own competences. • To recognise weaknesses and strengths in one's own competences. • To define directions and possibilities for competence development.
Duration	3 h 30 minutes - 4 h
Didactic materials needed	<ul style="list-style-type: none"> • Paper and pens • Video – projector • Computer or laptop with Internet access
Innovative approach	<p>Watch the inspirational videos about competences and attitudes:</p> <p>https://www.youtube.com/watch?v=sIWvYd_d-PM</p> <p>https://www.youtube.com/watch?v=zLIZBEeKN4U</p> <p>https://www.youtube.com/watch?v=EXMnoZfGDYg</p> <p>https://www.youtube.com/watch?v=cQVg1LfmGhE</p>
Learning results/outcomes	<ul style="list-style-type: none"> • Group integration and establish positive relations among participants • Increase self-knowledge of participants • Be able to differentiate and identify skills, knowledge and attitudes.



	<ul style="list-style-type: none">• Identify weaknesses and strengths of their own competences.• Give value to their own competences.• Define realistic objectives, based on their own competences• Define directions and possibilities for further competence development
Attachments listed	N/A



Agenda of the workshop

1. Introduction
2. Presentation of participants
3. Skills, knowledge and attitudes.
4. Past line: competences acquired and usefulness.
5. Future point: goal.
6. The way to your future
7. Evaluation and closing

Description of the activities

Activity 1	Introduction to the workshop
Didactic materials needed	<ul style="list-style-type: none"> • None
Type of activity	Lesson

Description

The trainer will welcome the participants and will explain the scope, objectives and rules of the workshop

Activity 2	Presentation of participants
Didactic materials needed	<ul style="list-style-type: none"> • None
Type of activity	Group activity

Description

The trainer will introduce him/herself, giving information about his/her name, where is s/he from, where does s/he live, what does s/he like,...

S/he will then invite the participants to introduce themselves: their name, where are they from, what do they like doing, what are their fears and expectations about the course.

It is very important that the facilitator encourages and motivates the participants to participate actively since some of them may be reluctant (they don't know each other) and this activity is crucial in order to make them feel confident comfortable in the group during the course.



Activity 3	Skills, knowledge and attitudes
Didactic materials needed	<ul style="list-style-type: none">• Video – projector• Computer or laptop with Internet access• Video: https://www.youtube.com/watch?v=sIWvYd_d-PM
Type of activity	Video watching, brainstorming and discussion

Description

Participants will watch the video about the importance of attitude in life.

Then the trainer will run a brainstorming for the participants to talk about the differences between skills, knowledge and attitudes. S/he will encourage participants to give examples, in order to clarify the concepts and explanations.

Special attention should be paid to soft skills, such as communication, problem solving, self-confidence, team working, leadership, emotional intelligence, interpersonal skills, initiative, responsibility, ability to work under pressure,...

At the end, the trainer will summarize conclusions to better explain the ideas.



Activity 4	Past line: competences acquired and usefulness
Didactic materials needed	<ul style="list-style-type: none"> • Paper and pens
Type of activity	Individual work, discussion

Description

Each participant has a paper where s/he draws a “time line” that symbolize his or her life. On that line s/he will mark some specific points that, in his/her opinion were important milestones (e.g. finished school, participated in a in a theater play, learned to play an instrument,...).

For each one of these milestones, s/he will have to identify and write some skill, knowledge or attitude s/he acquired.

Then all participants are then asked to present and comment their “past line” and achievements on it to their colleagues; and colleagues discuss in what kind of employment each one’s competencies would be necessary and valuable.

Activity 5	Future point: goal
Didactic materials needed	<ul style="list-style-type: none"> • Paper and pens
Type of activity	Individual work

Description

At the right end of the “time line” for the life, and taking into account not only their own preferences but also their skills and attitudes, each participant draws a circle in which s/he will write what s/he wants to achieve in future.

The trainer will make sure that these future objectives are ambitious but also realistic and feasible



Activity 6	The way to your future
Didactic materials needed	<ul style="list-style-type: none">• Paper and pens
Type of activity	Individual work, discussion

Description

Each participant will identify and define what kind of training or experience would be necessary to achieve the goal previously defined, and the steps and time required to get it.

They will write it on the paper and then discuss it with the other participants.

It is very important that the facilitator makes sure that weaknesses and strengths in the participants' competences are well identified, so that directions and possibilities for further competence development can be defined.

Activity 7	Evaluation and closing
Didactic materials needed	<ul style="list-style-type: none">• pens and questionnaires
Type of activity	Individual evaluation on paper

Description

Participants are given the questionnaires and pens, and time to fill it in.

The trainer will make sure that they feel comfortable to answer freely and sincerely.