









Module: management skills;

Section: calculation of resources and barriers, effective planning of process, realisation step by step

## **Open your fist**

	<u>time frame:</u> ~ 30 min
	<u>location:</u> in- or outdoor
	<u>participants:</u> 10 – 20 persons
	<u>material:</u> chairs
	<u>procedure:</u> Let's make pairs! The participants sit facing each other. One person clenches his/her fist and holds out his/her hand to the other. The other participant has to open the fist.
	<u>goal / purpose:</u> The participants learn to evaluate the situation, calculate their resources and barriers. They develop their skills to plan effective a process and realise it step by step. While the participants do the exercise, the trainers can observe their methods to solve the situation.
	<u>Questions for discussion:</u> <ul style="list-style-type: none"> <li>- Was it easy to open the fist or not?</li> <li>- What was the difficulty?</li> <li>- Why did you finally succeed?</li> <li>- How did you communicate?</li> </ul>
	<u>Source:</u> Movement "PROTASI" – Centre of Creative Occupation