









Module: personal skills; Section: identity

How I am, how I look like, how I want to be and look like

	<u>time frame:</u> 1 hour
	<u>location:</u> a big room
	<u>participants:</u> 6 – 20
	<u>material:</u> paper A4 pens
	<u>procedure:</u> <ul style="list-style-type: none"> • Think the above questions, make couples and discuss them. • Every person presents his-her thoughts to each other in the couple
	<u>goal / purpose:</u> To raise their self confidence
	<u>Questions for discussion:</u> <ul style="list-style-type: none"> • Can you connect the results of your discussion with the reasons of your unemployment you wrote earlier (we have hanged on the blackboard) (see exercise 3) • Can you distinguish between your image and your self awareness? • Does the impression you have about yourselves influence your decisions and actions? • Can you connect the degree of your assertiveness with your appearance? • Which are your idols?
	<u>Source:</u> Movement "PROTASI" – Centre of Creative Occupation – Project: "training of volunteers"