









Module: personal skills; Section: reflection

Unemployment

	<u>time frame:</u> 1/2 hour
	<u>location:</u> a room
	<u>participants:</u> 6 – 20
	<u>material:</u> paper A4 pens
	<u>procedure:</u> <ul style="list-style-type: none"> • Please think 3 reasons that are important for you why you are unemployed and write them down. • What do you expect from this training? • Write down on a piece of paper your thoughts and then try to become a couple with somebody you want to discuss them • Present in couples (the trainer keeps the presentation papers in order to use them later) (see exercise 5)
	<u>goal / purpose:</u> <ol style="list-style-type: none"> a) To be guided to reflect on their situation and the reasons of their unemployment and share their problem with others (compassion). b) Learning and emotional contact to be agreed between trainers and trainees
	<u>Questions for discussion:</u> <ul style="list-style-type: none"> - What did you learn for yourself after the exercise? - What did you learn for the others? - Can you compare your own reasons for being unemployed to those of the media, of the politicians etc? - Who do you think is responsible for your unemployment?
	<u>Source:</u> Movement "PROTASI" – Centre of Creative Occupation – Project: "training of volunteers"