

BECOMING

Package of Career Guidance and Development (CGD) services for workers including the user guide for CGD operators

PRACTICAL ACTIVITY N. 1

WHEN I WAS A CHILD



Co-funded by the
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Objectives and time

- ▶ The objective of this tool is to increase your self-awareness level.
- ▶ Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection.
- ▶ Time: About 60 min

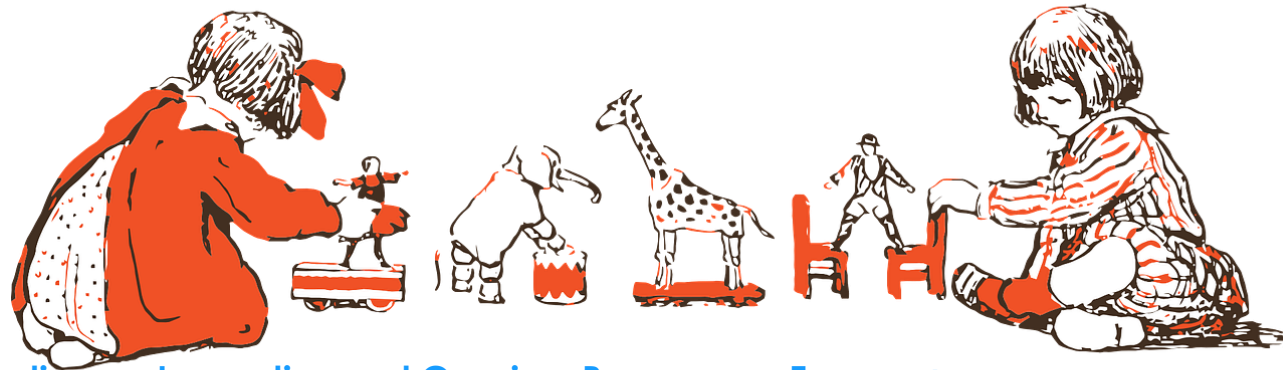


Some benefits of Self-Awareness

- It can make us more proactive, boost our acceptance, and encourage positive self-development
- Self-awareness allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem
- It leads to better decision making
- It can make us better at our jobs, better communicators in the workplace, and enhance our self-confidence and job-related wellbeing

How to do it: Let's test is

- ▶ Just remember what you really liked/enjoyed when you were a child. Write down your own reflections.
- Which activities you used to do in your spare time?
- Which activities were so funny that you used to say “oh no, time is already over!”
- In which activities you were so good without spending so much energy?

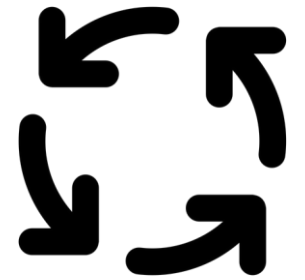


How to do it: Let's test is

Write down your reflection

Now could you mention some passions?

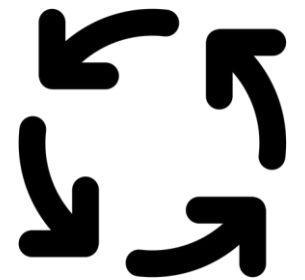
And some topics of interest?



How to do it

- ▶ *Last effort: Read the list below and pick up 3 elements of your personality*

AMBITIOUS	FEARLESS	Loyal	RATIONALE	COMMUNICATIVE
EASY-GOING	CREATIVE	FUNNY	RESERVED	CLEVER
FORCEFUL	EXUBERANT	INTUITIVE	WISE	CAREFUL
HELPFUL	ENTHUSIASTIC	POWERFUL	EFFICIENT	RELIABLE
SINCERE	BRAVE	HONEST	PASSIONATE	SMART
POLITE	ENERGETIC	PRO-ACTIVE	DYNAMIC	FRIENDLY



You just completed this training unit.

Congratulations!



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