



ERASMUS+

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**“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”**

Self Confidence

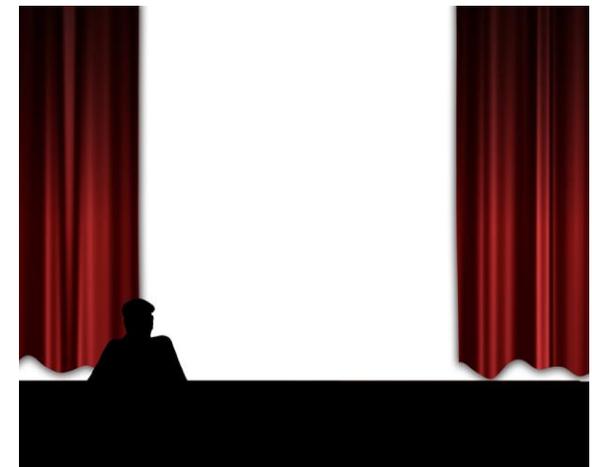


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Role playing

After picking situation A or B, in groups of three, make a 3 minutes mini representation of which is described on the card. You will be assessed depending on:

- How you show opinions.
- How you transmit confidence while speaking.
- How you use your body language.
- If you reach a consensus or not.





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Situation 1: Promote a business

Actors

An event where a person is promoting its brand new eco-friendly food company to others. Showing different opinions, confidence while speaking, body language and reaching a consensus will be valued.

Owner of the company who talks about the benefits

Possible client who makes questions

Person who disagrees with the purpose of the company-



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Situation 2: Different approaches of doing a task

Three different people try to reach a consensus over how to do a task. Showing different opinions, proper body language and reaching a final consensus will be valued.

Actors

Lazy person who want to take a lot of time to finish it

Stressed person who want to finish the task before the deadline

Person who disagrees with the project and wants to change it.



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Journaling Activity

- Has it been difficult for you to represent a particular situation?
- Have you ever felt awkward during the activity?
- Do you think this activity has helped you to break down your barriers?
- Do you consider this activity will help you to be more self-confident?





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What would you say to your past self?

In about 15 minutes write down in a blank paper things that you consider as goals you have achieved in the past. After it, imagine your life in 5 years time and what would you say to your future self. You can include:

- A fear that they have overcome.
- A work they would like to be in.
- A place where they would like to be living.
- An ability that they have acquired.





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Rate yourself

Score your abilities from 1 to 10 and then calculate how much points you have in total.

- Try to link your strongest points with your daily activities.
- At the end, you can compare your punctuation with the rest.





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Aspects	Punctuation
I believe in myself.	
I am just as valuable as other people.	
I would rather be me than someone else.	
I am proud of my accomplishments.	
I feel good when I get compliments.	
I can handle criticism.	
I am good at solving problems.	
I love trying new things.	
I respect myself.	
I like the way I look.	
I love myself even when others reject me.	
I know my positive qualities.	
I focus on my successes and not my failures.	
I'm not afraid to make mistakes.	
I am happy to be me.	
	Final score:



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Little chat

In pairs a little conversation of a couple of minutes. You can talk about you aspirations, their past goals, their families, etc. Then in 5 minutes write four things you like about yourself and 4 things you liked about the other participant. You can swap your paper with your partner.





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Journaling Activity



- Has it been difficult for you talk about your aspirations or goals?
- Have you felt awkward during the activity?
- Do you think this activity has helped you to be aware of your positive points?
- Was what the other person wrote about you a surprise?
- Do you consider this activity will help you to be more self-confident?
- Do you think that a greater sense of self-confidence helps you in order to fight against your insecurities?