

## MERSEYSIDE EXPANDING HORIZONS (MEH)

### MOST RELEVANT MOMENTS

### INTERACTIVE ACTIVITIES

#### INTERACTIVE ACTIVITY #1

Please, match the following relevant life situations with the related soft skills, useful to deal with them (Remember that each moment could be related to more than one soft skill).

*Soft skills* are those personal attributes that indicated a high level of emotional intelligence. They can also be intended as personality traits or “people skills”. The term *skill* underlines that they can be learned, while *soft* distinguished them from the *hard*, more easy to quantify and usually learned in more formal way (like at school or at work).

#### 8 most relevant moments in life

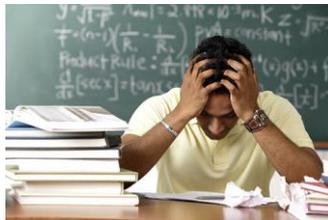
1. Graduation and choice of the University field that best suits to us



2. To live in a conflictual environment with divorcing parents



3. To study for an important exam at school or a presentation at work



4. To be prepared to answer questions for a job interview



5. First travel with friends



6. To live in a shared flat with people coming from different cultural backgrounds



7. Deal with an emergency situation like earthquake or house fire



8. Receiving the first salary



**The 8 soft skills**

**1. Inner readiness**

*It is the ability of being always prepared to choose and act.*

**2. Problem solving**

*It is the ability to work through a problem in order to find a solution.*

**3. Analysis and synthesis of information**

*It is the ability to examine a subject in order to discover meanings and information and afterwards put them together to form a coherent whole.*

**4. Critical thinking**

*It is the ability of analyse a subject, reconstructing it using the personal point of view.*

**5. Communication**

*It is the ability to work in a team; to know when to take a leadership or to do not; when to speak, to listen and to propose a compromise.*

**6. Lifelong learning**

*It is the attitude to learn also throughout adult life.*

**7. Teamwork**

*It is the ability to work collaboratively in a group in order to achieve a goal.*

**8. Organization and planning**

*It is the ability of efficiently planning and managing the available resources to achieve optimum balance of needs or demands.*

**ACTIVITY #2**

During life, several moments that at a first sight could appear catastrophic, can turn into resourceful and motivating key experiences for the achievement of our personal and professional goals.

Read the stories below and guess which personalities overcame the problems listed in order to reach their dreams.

**Story Number 1**

After serving as a Red Cross volunteer in World War I, he'd had enough time to think about the future. He wanted to make cartoon motion picture. So in 1920 he started his own company at the age of 19.

Without money, he started to being forced to live with friends and often going without food. After turned 22, he went bankrupt several times. He also wanted to become a Hollywood actor but it never happened. He was once fired by a newspaper editor who accused him to be lazy and lacking imagination and creative ideas.

Three years later he left Kansas City for Hollywood to follow his childhood dream. He set up a studio in a converted garage and, after five years – a long time when he is without an income, he struck little success.

But again in 1928 some of his colleagues left taking the creation with them. He was shattered. His success was short lived and he returned to having nowhere to live and little money for food.

But his secret of success was within him. Out of the disaster he created his most famous character and, suddenly, he was on the road to real success.

- Louis Armstrong
- Brad Pitt
- Walt Disney
- Stephen Spielberg

## Story Number 2

He was born in 1987, in Argentina. His father was a factory worker, and his mother a cleaner.

He was diagnosed with growth hormone deficiency (**GHD**). This case required a very expensive medical treatment, including the use of the drug Human growth hormone.

He was given an offer with Barcelona, and his coach was impressed so offered him a contract which included paying for his treatment in Spain. He moved to Barcelona with his father, and became part of the a famous youth academy.

He is widely regarded as one of the most exciting players of the modern age – in fact, of all ages. He has a peerless ability to dribble and take on opponents. Maradona has described his ball control as supremely good. *“The ball stays glued to his foot; I’ve seen great players in my career, but I’ve never seen anyone with his ball control.”*

- Sergio Ramos
- Lionel Messi
- Cristiano Ronaldo
- Ozil

Source: [Story Number 2](#)

## Story Number 3

At the age of eleven, she contracted severe meningitis that affected her loss of both arms and legs and several face and body scars. After an intense rehabilitation and thanks to a prosthesis specifically designed for her, she could go back practise her discipline that she had been practicing since the age of five: fencing.

But after the end of the therapy she went straight to the prosthetic centre saying: “Do something, give me something, but I want to go back to practice fencing!”. The professionals working at the centre told her about the possibility to do fencing on the wheelchair

No one, not even her own parents, believed she could go back to hold the frustrate with such agility. Well, all the credit belongs to her, to her strength, optimism and spirit of competition, but also to the lead of her two coaches, that pressed her in 2010 to take part in her first wheelchair fencing competition, becoming the first athlete in the world to pull fencing with prosthetic arms.

Despite her young age, many are the sports prizes she has gained since that day. She added different many in the Under 20 Italian Championship in 2011, which became the Overall Title

in the following two years; the double gold at the Strasbourg Europeans of 2014, both with the individual foil and team game; gold again in the same year at the Under 17 World Cup in Warsaw. More recently, she scored another gold as individual at the 2015 World Championships in Eger, while at the games of Casale Monferrato, in 2016, she reconquered the European gold.

- Bebe Vio
- Annalisa Minetti
- Serena Williams
- Fiona May

Source: [story number 3](#)