

#3 ACHIEVEMENT AND POTENTIALITIES

| Learning outcomes | | | |
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| To reflect and identify which are the participants' potentialities and achievement and detect in which field they could improve or they are interested to work on. | | | |
| ASSET | CONTENT | TIME | MATERIAL |
| Seated in circle | <p>If we could leave more than one life, what we would like to be?</p> <p>Each participant will be asked to draw her/his own figure and write on the left features/characteristics that she/he already has (adding any proofs of them, like certificates – diplomas – courses, past experiences) and on the right what they would like to be if they could live other lives.</p> | 10 min | Pens, paper, colours |
| Seated in circle | <p>The participants will now choose one of the 'alternative lives' above and reflect on the several potentialities that they should develop in order to be like that.</p> <p>Example: "If I could live another time I would like to be a fashion designer. To be a fashion designer I should work on the following potentialities:</p> <ul style="list-style-type: none"> • Drawing; • Needlework; • [...]." | 10 min | Pens, paper, colours |
| Seated in circle or in any other place in the room comfortable enough to reflect individually | <p>The participants will draw a new figure that well describe their 'alternative inner self', adding the potentialities already owned and the one on which they should work on in order to achieve the reality above.</p> | 10 min | Pens, paper, colours |
| Seated in circle | <p>Presentation of the two figures to the class.</p> <p>My current achievements are... In order to be a... I need to work on...</p> | 10 min | Pens, paper, colours |
| Debriefing | | | |
| The Adult Educator will ask to the participant which difficulties they meet during the activity and how did they feel in sharing their own characteristics. After that, he/she will explain the relevance of be aware about our path and our improved potentialities, understand our interests and realise which aspect of our personality is worth to improve. | | | |

