Learning outcome and competences

Listing you strengths:
Introduction: This exercise is for the participants to think positively about themselves. Everyone should think about things they like about themselves and things they know that they're good at in order to be aware of their own learning progress and competences.
Participants are encouraged to find associations to their own name and their personalities so that they can connect these.
Number of participants: everybody works on their own

Timespan: 10-15 min.

Every participant gets a sheet on which they have to write down their name vertically.
Now everyone has to think of strengths or abilities they have acquired that begin with the same letters that their names contain.
Like this Example

Your name ↓	Your strengths →
L	Loves to help others
E	Energetic even when tired
A	Ambitious

Your own

Your name ↓	Your strengths →