

SCENARIO

Action C1 - Self Starting method workshops 03-06.02.2019

Day 1	SUNDAY 03.02.2019
9.30 - 10.30	Welcome, introduction to general health and safety rules
10.30 - 11.00	Presentation of general assumptions of the Self-Starting method and programme
11.00 - 11.30	Q & A Session
11.30 - 11.45	Break
11.45 - 13.00	<p>Icebreaker:</p> <p><u>Finish the sentence</u> The leader prepares a flipchart with the sentences that the participants need to finish:</p> <ul style="list-style-type: none"> - My name is - I like - I don't like - My biggest advantage is - In my free time - My favourite colour is <p>Then the leader asks the participants to sit in a circle everyone answers questions in turn. The leader summarises the participants' statements. Thank you for sharing information about yourself, which will allow you to tighten your bonds. Then, in order to record the names of the participants, the leader hands out stickers and pens and asks them to write their names on stickers and stick them on their tops.</p>
13.00 - 13.15	Determining the rules prevailing in the group
13.15 - 14.00	What do we expect from the program - a pre-invaluable conversation
14.00 - 14.30	Break
14.30 - 15.30	<p>Working with the scenario <i>Public Speaking</i></p> <ul style="list-style-type: none"> → Familiarize yourself with the scenario, → Draw one task from the scenario <i>Public Speaking</i> (cut into 14 strips + on each there is an auto presentation + no. - this will be the order of the occurrence and the task for the next days to lead the drawn exercise with the group), → Create a plan for your presentation / self-presentation (it can be in pairs/group)
15.30 - 17.00	Work with the scenario <i>Peer violence</i>
17.00 - 17.30	Summary and completion of the training

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Day 2	Monday 04.02.2019	
9.30 - 9.45	Welcome	
9.45 - 10.00	Icebreaker: <u>Four Things</u> We do a round in which we ask participants to list four things that best characterize their personality, eg animal, brand, dish, colour, fruit.	
10.00 - 10.15	Questions in relations to yesterday	
10.15 - 10.45	Preparing (working in pairs or groups) for the presentation of the drawn task to the group	
10.45 - 11.00	Break	
11:00 - 11.30	Presentation of person 1 15 min + 15 min for feedback from the group	
11.30 - 12.00	Presentation of person 2 15 min + 15 min for feedback from the group	
12.00 - 12.30	Presentation of person 3 15 min + 15 min for feedback from the group	
12.30 - 12.45	Break	
12.45 - 13.15	Presentation of person 4 15 min + 15 min for feedback from the group	
13.15 - 13.45	Presentation of person 5 15 min + 15 min for feedback from the group	
13.45 - 14.15	Presentation of person 6 15 min + 15 min for feedback from the group	
14.15 - 14.30	Break	
14.30 - 15.00	Icebreaker- anything that will bond the group	Renia
16.00 - 16.15	Working with the stress level test → 3 volunteers will conduct this test on the group - it means that the 3 participants should explain what the test is about; → each of the 3 volunteers has the task of explaining to the group what to do; we give them some time to prepare	A Maj - will print the test 14 times on multicolour sheets and put them one by one in the envelopes
16.00 - 16.15	Participants do the <i>stress level test</i>	
16.15 - 16.45	Discussion of the <i>stress level test</i> tool	
16.45 - 17.00	Summary and completion of the training	

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Day 3	Tuesday 05.02.2019	
9.30 - 9.45	Welcome	
9.45 - 10.00	Icebreaker: Truth/False Give all participants small sheets of paper and ask them to write down 3 sentences about them (it may be a self-description or a short story from your life). One of the sentences should be false / fabricated by the participant. After a few minutes, when each participant in the workshop notes two true and one false sentence, ask the first person to share the sentences with the group. When it the first participant is finished, encourage all participants to take an active part in the discussion that aims to identify the false sentence. The exercise ends when everyone has told their story and all false sentences are recognized.	
10.00 - 10.15	Questions in relations to yesterday	
10.15 - 10.45	Presentation of person 7 15 min + 15 min for feedback from the group	
10.45-11.15	Presentation of person 8 15 min + 15 min for feedback from the group	
11.15 - 11.30	Break	
11.30 - 12.00	Presentation of person 9 15 min + 15 min for feedback from the group	
12.00 - 12.30	Presentation of person 10 15 min + 15 min for feedback from the group	
12.30 - 12.45	Break	
12.45 - 13.00	Icebreaker- anything that will bond the group	Renia
13.00 - 14.00	Work with the scenario <i>Peer violence</i>	
14.00 - 15.00	Working with the work cards	
15.00 - 15.30	Break	
15.30 - 17.00	Working on own resources of coaching competences (the task from the public speaking scenario <i>Training makes perfect</i> - printed versions for 10 people)	
17.00 - 17.30	Summary and completion of the training	

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Day 4	Wednesday 06.02.2019	
12.30 - 12.45	Welcome	
12.45 - 13.00	Icebreaker Silence of the lambs The participants are to place themselves in a row according to, for example, dates of their birthday - from the person who celebrates their birthday first to the person who celebrates their birthday last in the year. They have to communicate with each other without using words.	
13.00 - 13.30	Questions in relations to yesterday	
13.30 - 14.30	Individual work cards for scenarios	
14.30 - 15.30	Break	
15.30 - 16.30	Q & A- Discussion	
16.30 - 17.30	Body Language	
17.30 - 18.00	Break	
18.00 - 20.00	Training with the Police	
20.00 - 20.30	Summary and completion of the program, distribution of certificates and farewell	