

SELF AWARENESS

The following tool for counseling should help the trainer to be able to identify, explore and evaluate self traits, feelings and behavior from an individual and cultural point of view. Hence, the trainer should be able to distinguish her/his own background to the background of the client.

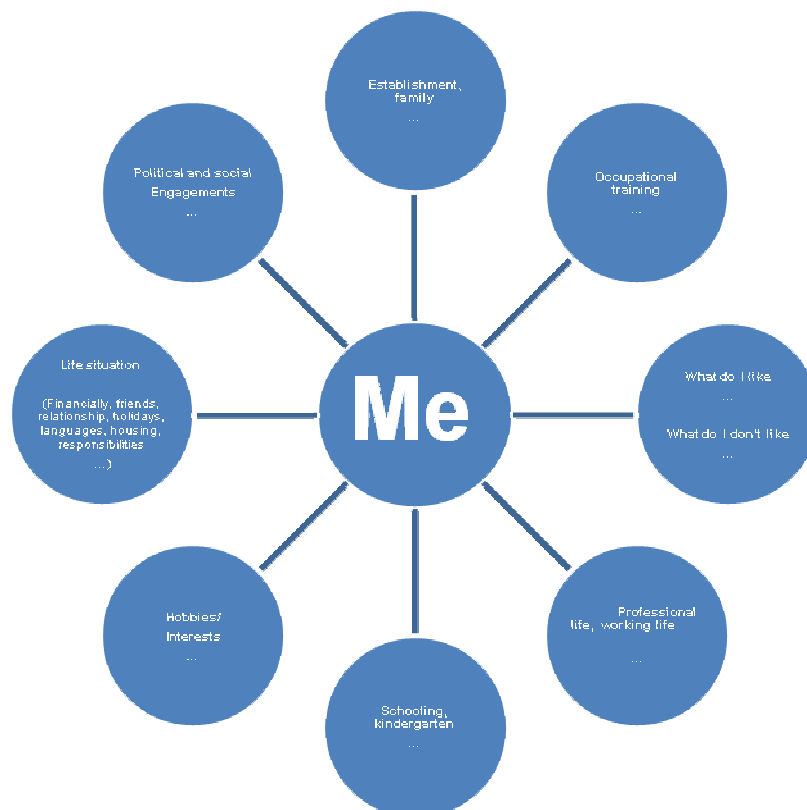
Therefore the following task will be a brief analysis about you.

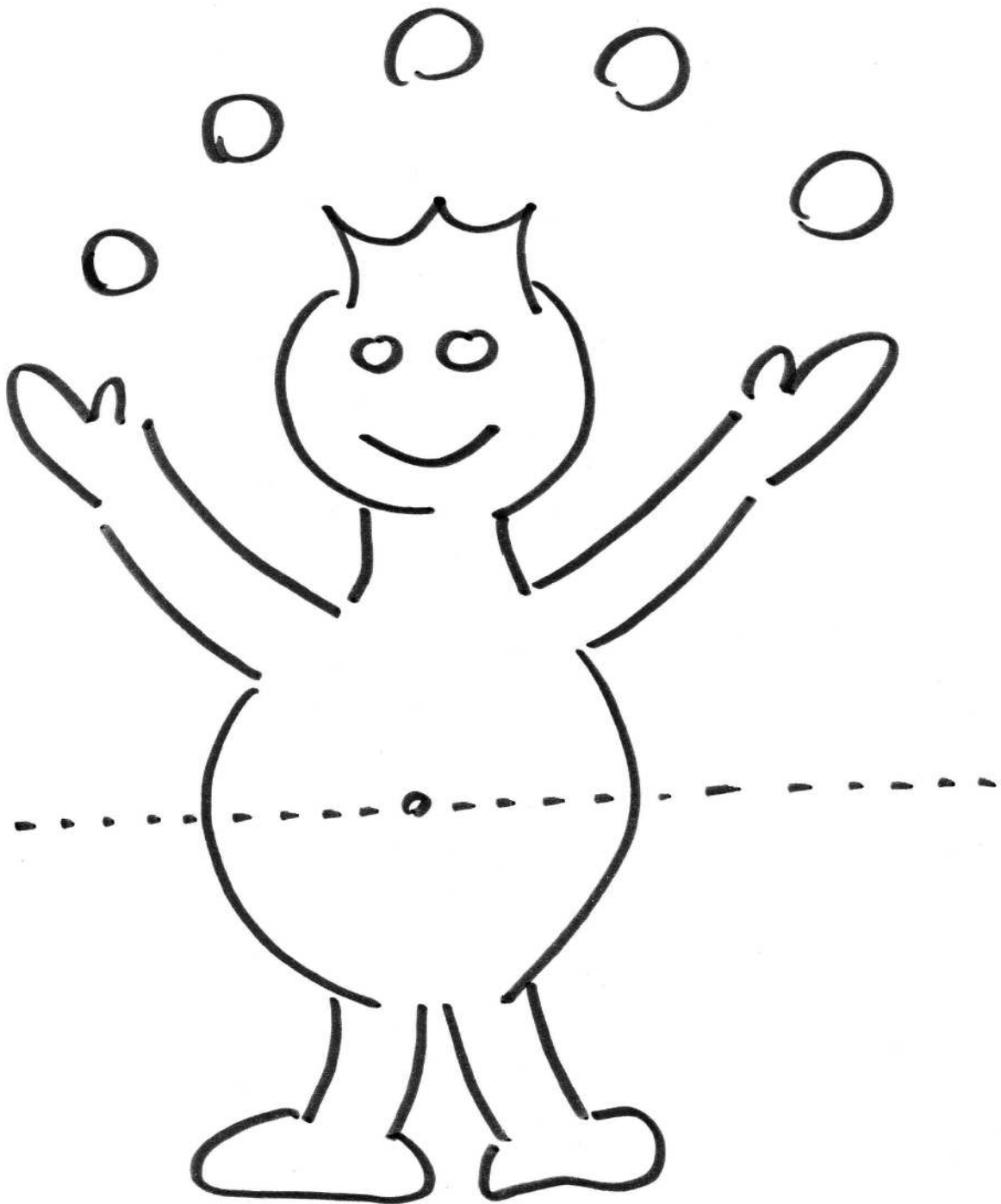
Ca. 45 min

Material: Instruction, copy of the material, paper, pen and pencils

Description:

- 1. Please use the little figure on the worksheet and write down – like a mind mapping- who you are and what made you the way you are. If you like you could work with different colours. As a help you could use the mind map as suggested. Please take your time. (20 min)**
- 2. Please also think of these parts of you which are not easily spotted by others and may write those beneath the dotted line.**
- 3. When finished, please discuss your figure with your neighbor (20 min) or even with the whole group (20 min). You are always welcome to add remarks.**





You will see that your socialization differs from each other person and your approach to think and acted will necessarily differ to the results of the other trainers.

Just think about, how the difference will be with people you work with; such as clients, parents, teachers or managers of companies.