

Anonymous

This is a group activity of pair work in which participants find time to word their thoughts and troubles. It reinforces exchange with other participants and shows how to focus on positive wishes and resources.

30-40 min

Group activity. Pair work

Material: Pinboard, post-its or paper and pins, pens

Why should I, as a coach, master this method?

Participants have time to word their thoughts and troubles. Listening to others they can find out that they are not the only ones with problems. They learn to change negative thoughts into positive wishes and to focus on their resources.

Description:

In order to answer the question „What is bothering me most at the moment?“, every participant tries to find an answer for himself. The tickets with the answers are collected and pinned thematically to the pin board or on a poster.

Subsequently the participants try to formulate wishes out of these thoughts.

In groups of two they try to find out, which resources they need in order to fulfill these wishes.