

Writing a letter

The following tool for counseling helps to focus on the situation and verbalizing the aims and goals of the youth, without having them to share with the coach.

The task is to write a letter to oneself.

The aim is to have a very private and personal conversation in writing.

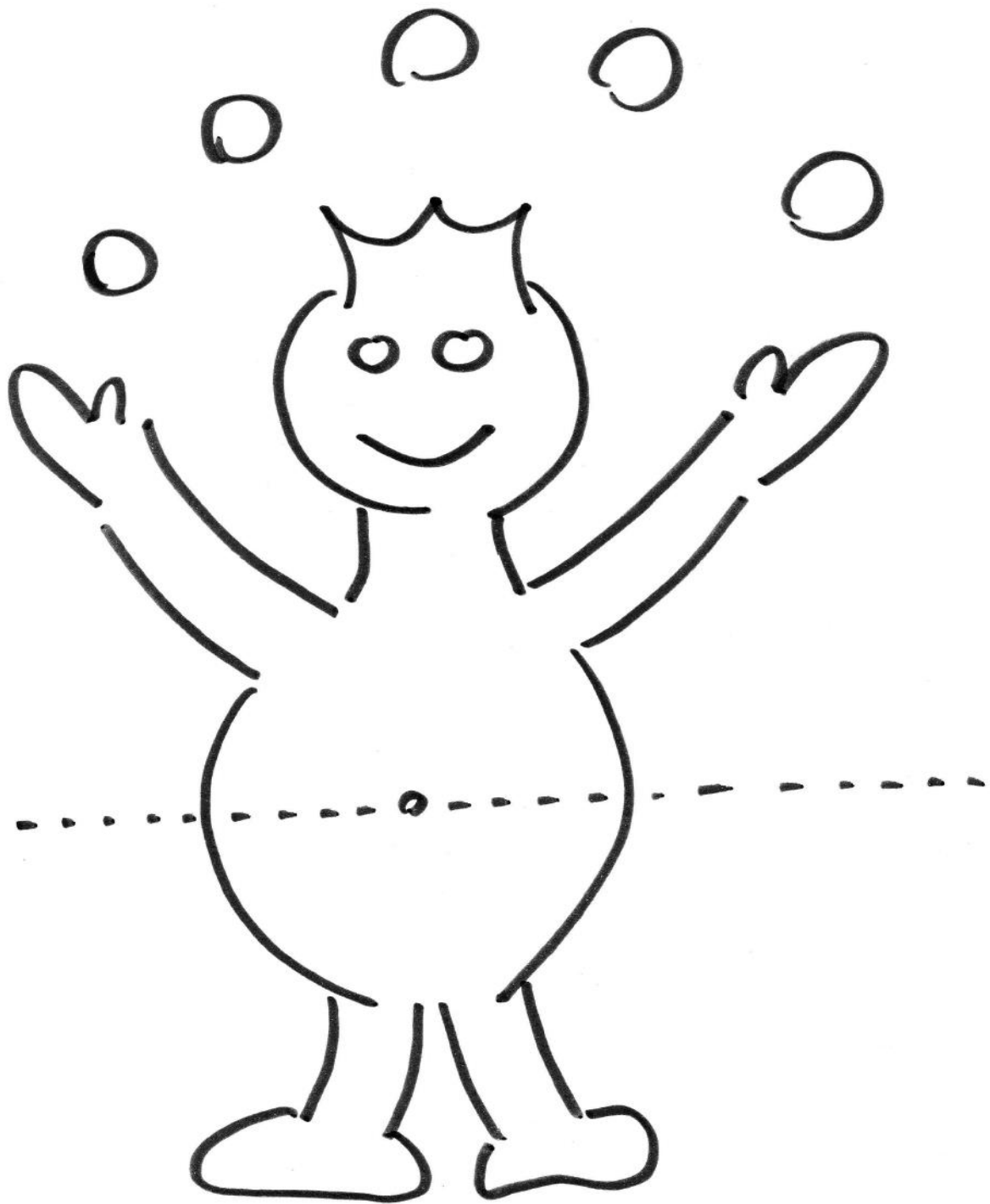
It will be a letter which is kept for the whole life after receiving a year after it was written.

Ca. 45 min

Material: paper, pen and pencils, envelope and stamp

Description:

- 1. The youth has time to write a letter to him/herself with all the thoughts, aims and wishes he/she has at the moment.**
- 2. The letter will be sealed by the youth and addressed to him/herself.**
- 3. The coach will send the letter after a year's time to the youth.**



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.