

## Be employed or unemployed

This tool helps young people think about the consequences of employment and unemployment as well as helps reflect, discuss and understand their position in the job market.

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

Be employed or unemployed is an entertaining and useful technique, which is used mostly in group coaching, but also in training courses or, as the case may be, in individual coaching. In a natural way, the technique motivates young people to think about the consequences of employment and unemployment. It motivates them to make better decisions regarding a future career.

### Concise and accurate description:

#### Goals of the technique:

- 1. To motivate and help participants think about consequences of employment and unemployment.**
- 2. To motivate and help participants reflect, discuss and understand their position in the job market.**

1) Discussion groups (about 25 minutes)

The coach starts the session with splitting the participants into two groups. To each group is given one topic to think about it and prepare a presentation to be carried out in plenary. The topics are:

- be employed - advantages and disadvantages
- be unemployed - advantages and disadvantages

2) Plenary discussion (about 25 minutes)

The coach asks the groups to present their work and leads the following discussion.

### Useful tips:

A) The coach can modify this technique. For example the topics could be:

- skills and knowledge you need to have in order to get a job easily;
- skills and knowledge you need to have in order to keep a job.

B) The coach can use Agree / Disagree activity at the beginning of this technique for warming up. Participants stand in the middle of the room and the coach starts reading provoking statements and asks participants whether they agree or disagree. Participants will stand in the room according to their opinions. Afterwards the coach will ask them to express their opinions one by one and, when there's nobody willing to speak anymore (or after a certain time), they all go back to the starting point and the coach gives a new statement. The activity is repeated until all the statements aren't covered or the time is over.

Provoking statement is for example:

It is easy to earn money without work.

It is better to have more free time than to have money.

The work is mostly boring.

The good education is a guarantee of the good job.