

Session Plan My Life My Dream

Note: all the exercises are thought for the employability.

- 5m - **Energizer**
- 10m - **Group Dynamic: More than a paper (A4)**
<http://www.mycoolteam.com/a4-paper-challenge>
- <https://www.youtube.com/watch?v=4jBUwH-TfqQ>
- 10/15m - **Time Machine + Personal Goals (Music)**

Relaxing and inspirational moment with a Voyage from the present to the childhood dreams, childhood most important persons, happy moments, and then voyage to the future... living the dreams, my passions, setting goals.

- 30m - **Wheel of Life and Dragon Dreaming Model** (see doc in the Folder)
- **Small Break - 10m:**
- 10/15m - **Magic Words - Super Powers**

1 Post it for each participant where they have to write 10 personal characteristics

2nd step- ask 10 friends to send them 10 characteristics, in the end they will have 110

characteristics and will find a padron that can help them to raise self awareness and answer a lot of questions in job interviews.

- 10/15m - **SWOT Analysis** (see doc in the Folder)
- 10/15: **Closure:** Reflection and Evaluation/Feedback

