Motivation - Communication

ACTION PLANNING: MOTIVATION - COMMUNICATION

Anticipate individual future, establish a reference to one’s individual future as an important biographical perspective (indiv. work)

Review and train individual social perception (plenary)

Description Individual work:

Get paper and a pen. - Imagine we have now the year 2025 and you are …. years old. - Mark two columns on your piece of paper: on the left “dreams”, on the right “reality”. - On the left write down, what it could be like in 15years from now; dream about it, this is utopia, fantasy! - On the right make notes about the expected reality. Write down what it will most probably be like if you consider your development realistically. Small groups – reflection. Tell each other your stories in the way as if it was 2019 right now. Tell the story in the first person and start out with something like:”I work as a …. I have got two children …. I have just …. “ - The listeners pay special attention to what is not being told. Individual work: Write down your thoughts regarding the following questions: - Have I taken the political development into account? - What do I essentially need for life (financial situation, relationships, work …)? - What is the relationship between my “dreams” and my “reality”? - What could be reasons for the dream not to come true? - What can I contribute to realize the dream? - Which feelings come up when I think about my future? - Which areas in my future can I see clearly, which ones remain unclear?

Notes

In this exercise it is important that participants really use their creativity and phantasy to dream up something extraordinary that makes a difference to plannable reality.

Material paper and pens for everybody

Timeframe 90 minutes