Title: Pessimist and optimist

Exercise Code SLQUALED014

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| Modules: | Group size: | Duration: |
| 6. Problem Solving Strategies8. Situational Awareness  | Small groupLarge group | 45 min |

**Purpose:**

This tool serves the desire of many people to express the reasons they see why something should not work, but on the other hand encourages them to think about their active part concerning the subject matter.

# Description:

Each participant gets two cards. On the one they write the obstacles they see for a relevant theme, e.g. „equal pay for all“ and on the other they write ideas how they can facilitate this issue.

The cards are collected and clustered.

A discussion is facilitated how to overcome the obstacles and implement changes.

# Material:

Cards, markers

# Methods:

Discussion

# Source/Literature:

Modified and adapted from: Handbook Labour Office & Clients
Improving the Communication Between Labour Office Advisers and Their Clients
Úrad Práce, Dunajská Streda 2006