



Erasmus+

We-run Course

Day 2 Personal meeting - group formation - self-awareness - idea development



It is also about group formation and exchange of experience, motives and impulses for the own actions, as well as the expectations and strengths

1. Movement - we behave like an organism

We take us by our hands and move together as a single organism. It can feel well, be angry, aggressive, calm, etc. The organism responds to cold, hunger, disease or a supporting environment, etc.

2. In what I am good - list

Everyone thinks and then writes on a list at least 20 things they can do well - everything can be listed: competences, skills, knowledge, informal knowledge, professional experiences, hobbies, etc. In the group, we discuss how difficult (or easy) it is to write such a list and to attribute to 20 competences.

Whoever wants to share the list with the others can do it or the list remains personal and can be completed at home.

3. Impulse – why I act the way I do

Short input to the theory of "impulses"

The impulse test is completed by everyone and the most important impulses are determined.

Exchange in groups (composed of women sharing their most important impulse): collecting examples for actions driven by this particular impulse, what are the most important and recurring motives for my actions (it need not be exclusively positive!). Which decisions characterize my style and personality.

Which motives do I prefer, which do I recognize as stress-generating, problematic or useless.

How can I get rid of useless motives and strengthen positive ones?

The results are displayed on a flipchart by each group and are exchanged in the large group.

4. „Being an entrepreneur"- what does that mean to me?

We use the method of "silent dialogue": a large piece of paper is placed on a table, all the participants are standing around the table and write their opinions, impressions, ideas, spontaneous ideas on the paper without speaking. Short sentences, words and reactions to the words and sentences of the others are possible.

After 10 minutes we look at the result together and try to get a structure into it.

The result shows our common view of entrepreneurship.

We are watching this video together:

What is entrepreneurship: <https://www.youtube.com/watch?v=-xhFRR18ZNA>

5. We cook and eat together

6. Working with stones - milestones

We use the collected stones from the last time and supplement them on a small walk with new stones, thus symbolizing the turning point, which has led to our intention to become independent. The changes have already been addressed in the first round of the first day and are now to be deepened and, above all, to be recorded on the emotional level.

We are once again thinking about the state before the milestone event and the feelings that prevailed at that time - the change, or the path that led to the decision to change - the state now and our feelings. On paper we visualize these 3 stations:

Before - change - after.

We mutually explain the change that the milestone is meant to have in each case, the cause, the consequences and try to see in the change the positive.

7. Work with stones – stumbling blocks

We give the stones a new meaning, we use them as stumbling blocks: now they symbolize things, situations, people, projects that made us fail, also several times or again and again.

We are looking for names (we can keep this for ourselves or share with others) and try to answer these questions: what do we do with them? How can we get rid of them, do we really want to get rid of them, what do they mean for us, are they really stumbling blocks or perhaps important warning signals that we want to keep?

Who really wants to get rid of her stumbling blocks, should now throw them away.

8. Exchange on the results of the practical work on personal dreams

Of all who want to share their dreams with the others

9. Idea development

Small working groups are working on the business ideas of the participants:

What is the offer, what does the customer get from me and how do I imagine my company (values, company culture, goals)?

Each prepares a very short performance (2 minutes) of her offer in the small group and then presents her performance in the big group - the presentations are recorded with video!

We then discuss in the plenum how the ideas for a "unique selling proposition" can be sharpened.

Videos:

Find the right product for your startup: <https://www.youtube.com/watch?v=MlEdsK2zv8U>

Ambition. Discipline. Purpose. The Journey of Being an Entrepreneur with Gurbaksh Chahal

<https://www.youtube.com/watch?v=28sCH-uK-0Q>

Practical work: supporter

What or whom do we need to realize our dreams?

What would be helpful - what is indispensable?

E-Learning:

Put the focus on informal skills and competences that you have gained from your life experience and can make you unique (if it's English: you can switch to German):

<http://www.gojobgo.eu/Improvemyprofile?id=2>