



Erasmus+

## We-run Course

### Day 3 Personal meeting - group formation - self-awareness - goals



The goal of the third day is to create a basis for further co-operation on the course content as a group. The exchange among each other is used to work out motives and goals and to work on one's own business idea.

#### 1. Exercise for confidence

We work in pairs. A person closes her eyes and will be guided by the second through instructions through the room. The "blind" person should not strike anywhere, but also not open her eyes. We then change the roles.

The group stands in small circles to 5 - 6 people and lifts the arms and hands at the breast height. One stands in the middle and crosses her arms in front of her chest. She closes her eyes and falls into the circle. The hands of the others catch them safely. Everyone should make this experience.

Of course, there is no compulsion.

#### 2. Goals

The participants take their flipcharts from Day 2 (what I can do well - list) and work out on this basis a new flipchart.

On the basis of a drawn mountain, the participants set their goals for their independence for the coming years. A 5-year planning is aimed at. The presentation should include sub-goals, as well as potential helpers on the way there and important activities, which should be carried out by the participants in order to achieve the goals. The results are then presented in the plenum.

### **3. External view - a source of information**

How do the others see me? Maybe they recognize my characteristics and focus better than myself. Your feedback is therefore important.

Everyone in the group writes to all the other participants to whom they would like to give feedback on what they have experienced, what they believe they are, what they think of it, put the "letter" in an envelope and hand it over to the addressee

The letters remain private and will not be published.

### **4. Walk with talks about the developed goals.**

The composition of the walking groups should change again and again, so that the exchange is possible among as many women as possible.

We consider a suitable place for a group photo and also in what form the group wants to represent itself (On a staircase, among trees, close together or scattered etc.)

### **5. Joint cooking (and eating) using given food**

### **6. Scenario Workshop: 2020: "My company is successful"**

We form work groups from women with similar business ideas. Each group develops a best case scenario and a worst case scenario over an hour, including a retrospective from 2020 to 2016, on the necessary actions and changes that have led to the achievement of the desired future. The results are then presented in the large group. They are not discussed since they represent the utopia of the respective group. Only understanding questions may be asked.

The identified factors for a positive goal-setting serve as a basis for topics of the second step.

In theme groups composed of 1 or 2 representatives from all groups of the first step, the selected factors are elaborated according to the scheme: actual state - target state, activities leading from the actual to the target, and possible obstacles that need to be considered.

After 1 hour of working time the topic groups present their results and now may also be discussed. All participants can comment on further comments and additions.

At the end of the day, an attempt is made in a master plan (who does what, when, how, with whom) to obtain personal declarations of intent and to write them down.

More information about the method "Scenario Workshop": <http://www.fbi.or.at/p-swt.html>

### **7. Exchange on the results of the last practical work:**

What kind of supporters would be desirable, where could they come from? Exchange of ideas, tips, planning, helpful organizations, etc.

**Videos:**

The entrepreneur in us all: <https://www.youtube.com/watch?v=784b8ERvzoU>

Startup positioning: <https://www.youtube.com/watch?v=xgefo8kHP4E>

8 mistakes that founder make: <https://www.youtube.com/watch?v=j4pxlObYreE>

Work-life balance: <https://www.youtube.com/watch?v=mBwlqS-WS3I>

Motivation: inspiring video for women: <https://www.youtube.com/watch?v=vZ0yrlVebvA>

**Practical work: my training path and my previous professional career - portfolio form.**

My education

My continuing education

My diplomas and certificates etc.

What else I learned - informally

My professional experience: job, position. What did I learn?

My voluntary commitment: voluntary work. What did I learn?

**Documents for further reading, see Annex 1:**

Portfolio form

Work-life balance

Family agreement on compatibility

Support for compatibility