



Lesson: Self-assessment, Self-evaluation, and Self-recognition of the entrepreneurial characteristics

Exercise: Self-assessment of team's capacities

Lead In: Online or in the classroom (depends on the available resources)
The first exercise is a group one and then the second is an individual one for each of the team members

Duration:
50-60 min

Aim:
The first exercise through an interesting approach aims to equip participants with a solution-oriented mindset, finding their role in a team, striving for team excellence and

sustainability in the toughest situations ever.

The second exercise (part of the assessment) aims to give to the participants a clearer picture of their characteristics and the whole team's characteristics.

Type of activity:
Exercise-based on meditation methods and coaching techniques

Group number:
Team work
10+ participants

Recommended age: 18-29

Instruction:

For educator:

The first exercise should start with meditation. Participants need to close their eyes and the trainer should turn on the sound of the device (YouTube or other music channels) and some meditation music to play while he/she guides participants to a full relaxation mood. The trainer should retell the story about the wonderful view from the boat trip (at least 3 minutes) and suddenly say that the storm hit the boat and all participants are now on the same island without knowing each other... They need to survive and be as sustainable as possible, so what should they do? There are only these resources on the island: one bottle of water, one girl who is blind and deaf, one chair, one banner, and a lighter. They should talk loudly about their plan (if it's one group 3-6 members, but if there are more than one group, they will be given 10-15 minutes to organize and talk among themselves and later on they should present publicly to the others and the trainer by explaining the whole process that they passed through together).

Keywords:

self-assessment, self-evaluation, self-recognition, self-awareness, coaching, meditation, boat exercise

Materials, equipment:

PowerPoint presentation (only those 2 slides with the Matrix and SWOT), projector or profile at any online conferencing platform (preferably Zoom with breakout rooms so they can work in teams), YouTube, or other.

References:

<https://www.youtube.com/watch?v=QR3lp0ptpy8>

Other useful sources:

Research about SWOT Analysis, Neethling Brain Instruments, worldwide used and already proven coaching techniques.