

LESSON: Doughnut Diagram

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EntreComp Competence Framework: Self-awareness and self-efficacy

Introduction

To achieve self-awareness and self-efficacy, it is important to know the terms and how to achieve these competencies.

Self-awareness and self-efficacy mean believing in oneself, connecting to needs and assessing individual strengths and weaknesses.

To illustrate this, we have chosen a method from person-centred work. Person-centred work is a process for supporting individuals and teams. It is used for planning specific stages of life. For this we have chosen the Doughnut Method. It is described below.

The Doughnut Method, developed by Charles Handy, is a method that helps people think about what is central to their role, where they can be creative and use their judgement, and what is not their responsibility (cf. Sanderson).

Possible process (3 areas of the diagram):

- - Must - the area of the core task
- - Can - the area of creativity and freedom of decision
- - Not our task - the area that is not part of our tasks

Bibliography and weblibliography

- Doose, Stefan: "I want my dream". New perspectives and methods of person-centred planning with people with and without impairments.
- Emrich, Carolin: Persönliche Zukunftsplanung: <http://bidok.uibk.ac.at/library/imp-29-04-emrich-zukunftsplanung.html> (16.08.2023)
- What is Self-Awareness, Explained in 2 min :[What is Self-Awareness | Explained in 2 min - YouTube](#) (16.08.2023).

Purpose and recipients

The method we have chosen for this lesson belongs to the category of personal future planning and is an important approach of person-centred work. The person is always the focus and it is a way of thinking about individual ideas, wishes and goals for one's life. The method is well suited for education, work, housing and also when a change for the future is pending. It is suitable for all target groups (age, gender and disability) (cf. Emrich).

Learning outcomes

Learning outcomes can follow the following structure to ensure coherence:

Learners are able to...

- sort and order responsibilities,
- gather useful information, and
- have a better understanding of responsibilities and roles.

Description of teaching and learning activities

This method is used to define responsibilities, especially those of paid professionals and organisations. However, it can be used for any target group.

For this purpose, 3 areas of responsibility are identified: (The diagram looks like a donut (an American pastry/dessert):

1) Core responsibilities:

Tasks that will be carried out in any case. (the core tasks must be identified according to tasks, experts, organisations).

2) Use judgement and creativity:

- Area of decision-making scope and creativity. Tasks that can be carried out at one's own discretion and creativity, but do not have to be carried out.

3) Not our responsibility:

- This area is also called "not our tasks and responsibilities" and means tasks and assignments that lie outside. Tasks that do not belong to the paid remit of professionals and organisations. They must be carried out by others (cf. Sanderson/Goodwin).



Supporting resources

- Helen Sanderson: The Doughnut: <http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/doughnut/> (17.08.2023)
- The doughnut: <https://www.youtube.com/watch?v=gCtxlCX9118> (17.08.2023)
- The Doughnut Sort: Template: The-Doughnut-Sort.pdf
<http://www.helensandersonassociates.co.uk/wp-content/uploads/2015/02/The-Doughnut-Sort.pdf> (helensandersonassociates.co.uk) (17.08.2023)
- HSAMinibook_Personenzentriertes_Denken.pdf (inklusion-als-menschenrecht.de)
https://www.inklusion-als-menschenrecht.de/data/user/Dokumente/PDFs/HSAMinibook_Personenzentriertes_Denken.pdf (17.08.2023)
- [Person-Centered Planning: PATH, MAPS, and Circles of Support – Inclusion Press](https://inclusion.com/path-maps-and-person-centered-planning/)
<https://inclusion.com/path-maps-and-person-centered-planning/> (17.08.2023)

Duration: approx. 2 hours to half a day

Competence level

Considering the level of competence, it is difficult to classify this exercise here. This exercise requires skills such as performing simple tasks. It is a guided exercise done with the help of supporters (EQF 2 / 3).



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