

TIP: “I am...” Self-reflection method**Author: LebensGroß GmbH****EntreComp Framework: Self-awareness and self-efficacy**

We refer to the EntreComp competences. This tip is about self-awareness and self-efficacy. Self-awareness and self-efficacy refer to a person's belief in, in our case, the learner's beliefs about a particular situation. It also means the belief in one's own competencies and assessments and the ability to act with confidence. It also involves an understanding of one's own emotions and feelings, as well as strengths and weaknesses. This method is a strategic approach to describing oneself.

Purpose and recipients

This method can be used in all areas and for different situations. The tip is well suited for all target groups to work in a simple and uncomplicated way. It is excellent for a group activity. Participants introduce themselves using a sheet (template) and then reflect on who they are. All participants need to be actively involved in the exercise for it to work.

Description of the tip

This exercise is a self-reflection exercise. It is about imagining yourself and reflecting on who you are.

How to do the exercise:

- It starts with handing out a worksheet. The trainer/mediator hands out a worksheet. (prepared by the trainer/mediator):
The sheet is called: I am ...
- Learners are asked to write their name on the sheet....
Each field of the sheet is filled in with
"words", "sentences", "drawings" on the topic.
- The trainer/facilitator supports the learners by giving examples that might suit the learners (job, work, dreams, wishes, fears, family...).



Reflection:

Learners are then asked to recite what they have written down and share it with the others. It is important to motivate shy and reticent participants to speak up. *However, if they do not want to, they do not have to (this should always be communicated).

- **The next step** is to share the experience. The trainer/moderator can ask the following questions. What has remained the same?
- What is different?
- Did you recognise something in yourself? If yes, what?

The last step: The sheets (worksheets) are put up on the wall.

The trainer/facilitator can summarise the characteristics and aspects of the group (class) and share them with the whole group, for example in the next lesson.

Duration: The whole exercise takes about 1 hour (cf. Fit for Inclusion-Beratungstool).

Best practices or useful examples

- **Entrepreneurship is about self-awareness and self-efficacy. Video :** <https://www.youtube.com/watch?v=ScKfciKwSwU> (17.08.2023)
- **Self efficacy : Video :** <https://www.youtube.com/watch?v=HnACsrdGZAI> (17.08.2023)
- **Person-Centered Planning: PATH, MAPS, and Circles of Support – Inclusion Press** (17.08.2023)
- **Coesi – Fit for inclusion [Lebenshilfen Soziale Dienste GmbH \(lebenshilfen-sd.at\)](https://www.lebenshilfen-soziale-dienste.at/)** https://en.lebenshilfen-sd.at/english/coesi_project/products_produkte (28.08.2023)

