

CH-Q exercise: Proud of.....



Goal	* discover and point out personal qualities and competences * reflect on how to prove or present your qualities
Time	* 5 minutes individual work * 2x5 minutes in pairs

Individual work (5 minutes):

1. Think of one achievement in your life of which you are (a little) proud. It may be big or small, personal or private, recent or historic.
2. Describe your achievement in the boxes on the backside of this page. Questions that may help you consider your achievement:
 - what was the situation?
 - what was your role in this situation/event?
 - what steps and actions did you take?
 - what was the result for you and for others?
 - why did you do it?
 - why are you proud of it?
3. Fill out the other boxes too:
 - what knowledge, skills, qualities or competencies did you use to achieve what you achieved?
 - how can you prove your achievement?

In pairs (10 minutes):

Discuss your achievements together (5 minutes per person) and try to name as many skills, knowledges, qualities and competences used in this achievement.

Your achievement!

Describe your achievement, what is it you are proud of?

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What knowledge, skills, qualities or competencies did you use to achieve this?

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Can you think of a way to prove your contribution to this result?

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