

Toolkit 1 - Learning Unit 7

Post-intervention

Activity 3

Learning to learn: capitalize on your learning, understanding and profiting from experience



Exercise

Motivation: identification/awareness of the resources that motivate you in your work in a crisis situation

3. Can you name the specific resources that motivate you in your work in a crisis situation?



NO

Activity 3

Please take an A4 sized piece of paper and draw 5 concentric circles on it. The more concentric the circle is, the more intense the source of motivation that you perceive as important to you is. Try to think about what motivates you in your work in crisis situations. Write these sources on the paper/circles.

Go to the following instruction after you have written them down.



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Do you have all these resources?

If not, are they resources that are external (e.g. financial evaluation) or resources that are within your control which you can work to improve (perception of your ability to handle the situation, possession of the necessary competences...)?

Ask someone who knows you well and discuss the points with them. Then ask for feedback.



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