

Toolkit 1 - Learning Unit 4 Pre-intervention

Activity 5A Using the support of a mentor and "internal compass"



Training

If you can not name at least one of your mentor/master/teacher please reflect on why not? Where can you look for such people?

Please remember that our social resources are also experienced people "who accompanies us on our way" in professional and personal development. We have got also "internal compass" or internalized social resources - we carry the wisdom of the family, educators, guides who taught us to make wise choices.

Now try once more to select at least candidate(s) to be your mentor or master. It may be also a person from the past or a person you do not know personally but you may be in touch with his/her wisdom.