

## **Toolkit 1 - Learning Unit 4 Pre-intervention**

### **Activity 5B Using the support of a mentor and "internal compass"**



Training

- 1) Name what you have learned from your mentor/master/teacher in the field of helping people. You may use the list below:

respect to suffering people

insight

communication skills

good listening and clear formulation of your own message

providing support

ventilating emotions

motivating

defining the problem and focusing on it

controlling your own emotions

using various therapeutic tools

cooperation

building a support system

protecting and regenerating oneself

- 2) Please try to determine your "internal compass" or internalized social resources. Think on the wisdom of the family, educators or spiritual guides who taught you to make wise choices and help people in need. Try to describe in a few sentences what you owe them or what you especially need from them now.