

## **Toolkit 1 Pre intervention**

### **Learning Unit 6**

#### **Learning from Experience – Rely on Collective Intervention Capacities**

*4. Are you aware of what could encourage you to promote self-awareness through experiential learning?*



No

#### **Activity 4**



List of  
recommendations

**Please follow these suggestions in order to develop self awareness:**

- 1) Engage in continuing professional development
- 2) Promote socialization and avoid isolation
- 3) Remain open to enriching relations
- 4) Develop authenticity, autonomy and interdependence
- 5) Become aware of your sense of identity, purpose
- 6) Develop an understanding of the bigger picture in life
- 7) Protect some quiet space to reflect about life inter-dimensions, such as mind- body, emotion-reason
- 8) Involve into relatively mindless physical exercise
- 9) Enhance self-development through psychoeducation, psychotherapy, supervision, etc.