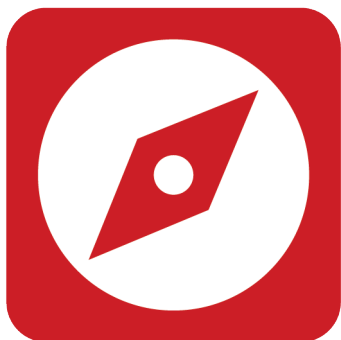


Technical sheet for mentors



2. WHAT DO YOU WANT?

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Foundation meeting	Initiative & Ownership	20	1
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> - Taking responsibility for learning - Finding driving questions - Seeking input from others 		
Tags	Goals, initiative, ownership, curiosity, exploration		

The aim of the activity

This activity will motivate the mentees to think about questions concerning their life, wishes, and goals and reflect on what is going well and what could be improved. It is the first step in establishing what the mentees want out of their life and establishing what a good life, success, and happiness means to them personally.

The questions they are supposed to answer invite and motivate them to think about their life, their views on a good life in general, and their personal situation more specifically.

Preparation

Print the activity tool
Provide pens/pencils
Follow instructions in the application section

Application

By completing the activity, the mentees will reflect on their life and wishes, will be able to identify what their long or short-term goals are, and what they are wishing for in life. By answering open questions we are inviting them to reflect and we thus help the mentees to visualise and clearly state their wishes and goals.

The mentee will be guided through the exercise by the mentor to answer the questions which will help the participants formulate and conceptualise their life goals

- 1) Present the exercise to the mentees and answer any questions that arise.
- 2) The participants will read through and answer the questions that may help them reflect on their life and their wishes. Not all questions need to be answered, rather participants should focus on the questions most relevant for them.

Finally, from the reflection of answering the questions the mentees shall write out goals they have identified from doing the exercise.



Direct link to the activity handout on the learning platform

<https://upsim.aidlearn.eu/en/>

Activity tool



WHAT DO YOU WANT?

Explore what you want now, and what you wish for.

Your immediate thoughts might not always be the right ones. Allow yourself to be curious, questioning and open.

What do you or your client really want?

The questions below are only examples.

Choose the ones that are relevant or complement the questions relevant for the situation.

1) What is your goal with this effort? In which way will it be obvious that you have gone through a career plan? What will the difference be compared to now?

2) Describe how life is at the moment. What works best, and what isn't working? What are you most pleased with, and what are you most dissatisfied with?

3) In which circles has your life moved the last few years? What has been positive? What has been negative?



4) What were your dreams about once? How does your current life reflect these dreams?

What is a good life for you?

5) What is success? What is happiness?

*You don't need to answer all the questions.
Choose the ones which are relevant and make you think deeper.*

MY GOAL WITH THIS EFFORT IS:

