

## Technical sheet for mentors



### 3. YOUR POWER

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Foundation meeting	<b>Self-awareness</b>	30	1
<b>Learning-2-Learn dimension elements</b>	<ul style="list-style-type: none"> <li>- Reflecting on past experiences</li> <li>- Evaluating own limitations</li> <li>- Understanding own motivations</li> <li>- Locating own interests</li> <li>- Evaluating own aspirations</li> </ul>		
<b>Tags</b>	Self-awareness, characterisation, reflection, personality		

#### The aim of the activity

This activity will help mentees identify their own traits, become aware of their strengths, highlight them, and motivate them to think about their own traits and abilities in positive rather than negative terms.

After the foundation meeting, mentees can also ask friends or family to describe them and include those to the list of traits.

### Preparation

Print the activity tool  
Prepare pens and/or pencils  
Follow instructions in the application setting

### Application

By completing this activity, the mentees will reflect on their personal traits so they can be aware of their strengths and think about their traits and abilities in a more positive rather than negative way.

The mentee will be guided through the activity by the mentor who will describe the activity. Use the guiding questions and instructions on the activity sheet.

- 1) Present the activity.
- 2) Ask the mentees to reflect on their traits and to write them on the provided sheet.
- 3) Ask the participants to contemplate on their list of traits and circle the ones they are most proud of
- 4) *Optional*: After the Mentervention Circle the participants can ask their family and friends to describe themselves and add traits to their list



Direct link to the activity handout on the learning platform

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



## Activity tool

# TRAITS

### Describe your traits

List as many traits as possible that characterise you. Differentiate between what you are and what you do. Reflect on how you think others would describe you. Try to write at least twenty words. If you think of a negative word, for example lazy, there is often a contrasting word that is positive that you can use, for example relaxed.

### Ask other people to describe you

Ask three to four colleges or friends to describe you. Choose people you think will reply honestly. Ask them to write you a letter or interview them. Ask them to be open and honest and let them know you want honest descriptions both on what works and what could be improved. Examples of some questions could be:

- How would you describe me? What is most characteristic with me?
- How do you notice if I do a good job?
- What do I need to think of in order to become better?
- Is it easy to give me feedback?



Traits

Traits

Traits

## What are you most proud of?

Reflect on and circle the traits you are most proud of, and which ones characterise you the most

