

MODULE 1: BEHAVIOUR AND LEARNING

SELF-CARE



LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

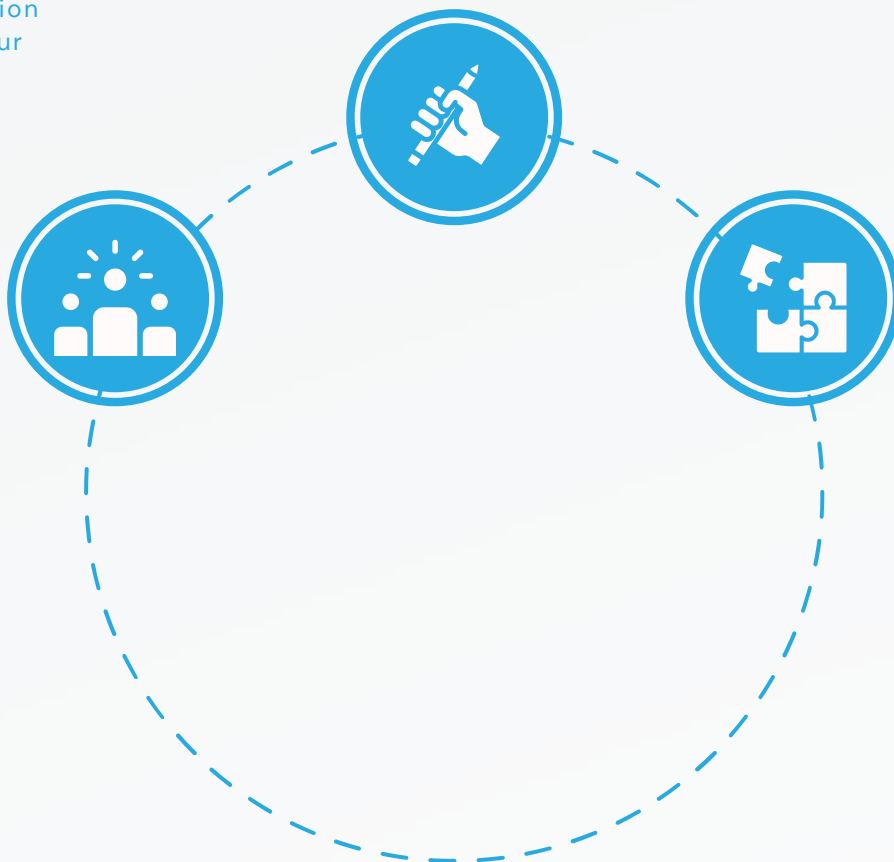
Become aware that self care is an essential practice for educators and coaches to be able to be in connection with others (your clients)

Objective n° 2

Getting to know self care as a key to stress management

Objective n° 3

Learning simple tools to foster self care



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description



1. Target group – adult educators, mentors of change
2. Time – 2 hours

1. Training session guide for trainers to introduce the topic
2. Slides on a short introduction to self care and its importance in counseling and coaching
3. Design a pleasant room with some space to move around and a good atmosphere for discussion
4. Each participant will conduct a simple exercise to focus on their self care possibilities and reflect on the experience with the group

Materials



METHODOLOGY USED FOR THIS ACTIVITY



A short intro
to the topic
of self
awareness



Awareness
exercise



Self-reflection
and self-
learning



Assessment



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ACTIVITY DESCRIPTION

The educator presents the training session structure and the objectives and expected outcomes.

1. Introduction

The instructor welcomes all participants in a friendly manner and explains the principles of his discussion group. He introduces the reasons why self-care is crucial for counselors and coaches:

1. Preventing Burnout and Compassion Fatigue

Being exposed to your clients' emotional challenges can lead to burnout and compassion fatigue. Self-care helps prevent these issues by allowing professionals to recharge and maintain their emotional well-being.

2. Maintaining Professional Effectiveness

Effective counseling and coaching require focus, concentration, and sound decision-making. Self-care helps you to stay mentally and physically healthy.

3. Modeling Healthy Behavior for Clients

Counselors and coaches who practice self-care set a positive example for their clients. By demonstrating the importance of self-care, they encourage clients to prioritize their own well-being.

4. Enhancing Emotional Resilience

Self-care activities build emotional resilience, allowing counselors and coaches to better handle the emotional demands of their work and stay balanced in challenging situations. Proper self-care also helps maintain attentiveness, sound judgment, and appropriate boundaries, ensuring ethical and responsible practice.

Self-care is vital for counselors and coaches to sustain their health, effectiveness, and ability to provide quality care. It benefits both the professional and their clients, ensuring a balanced and ethical practice.

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PRACTICAL EXERCISE

Practical experience of getting to know your individual ways to self-care by using two exercises:

1. "My Safe Space":
 - A short "Safe Space Visualization", the instructor leads the group:
 - "Close your eyes and take slow, deep breaths.
 - Imagine a peaceful place where you feel completely safe and calm, such as a serene beach or a cozy room.
 - Visualize every detail of this space—its colors, sounds, and sensations—allowing yourself to fully immerse in the comfort and tranquility it offers.
 - As you breathe, let any tension or stress melt away, knowing you can return to this safe space in your mind whenever you need peace and reassurance."
2. The four-leaf clover: use the template on the next page for the participants to fill in.

Group discussion

The group reflects on their experience during the exercises and how this can be put into practice.

End session

Taking the time into account, the group leader initiates the end of the round

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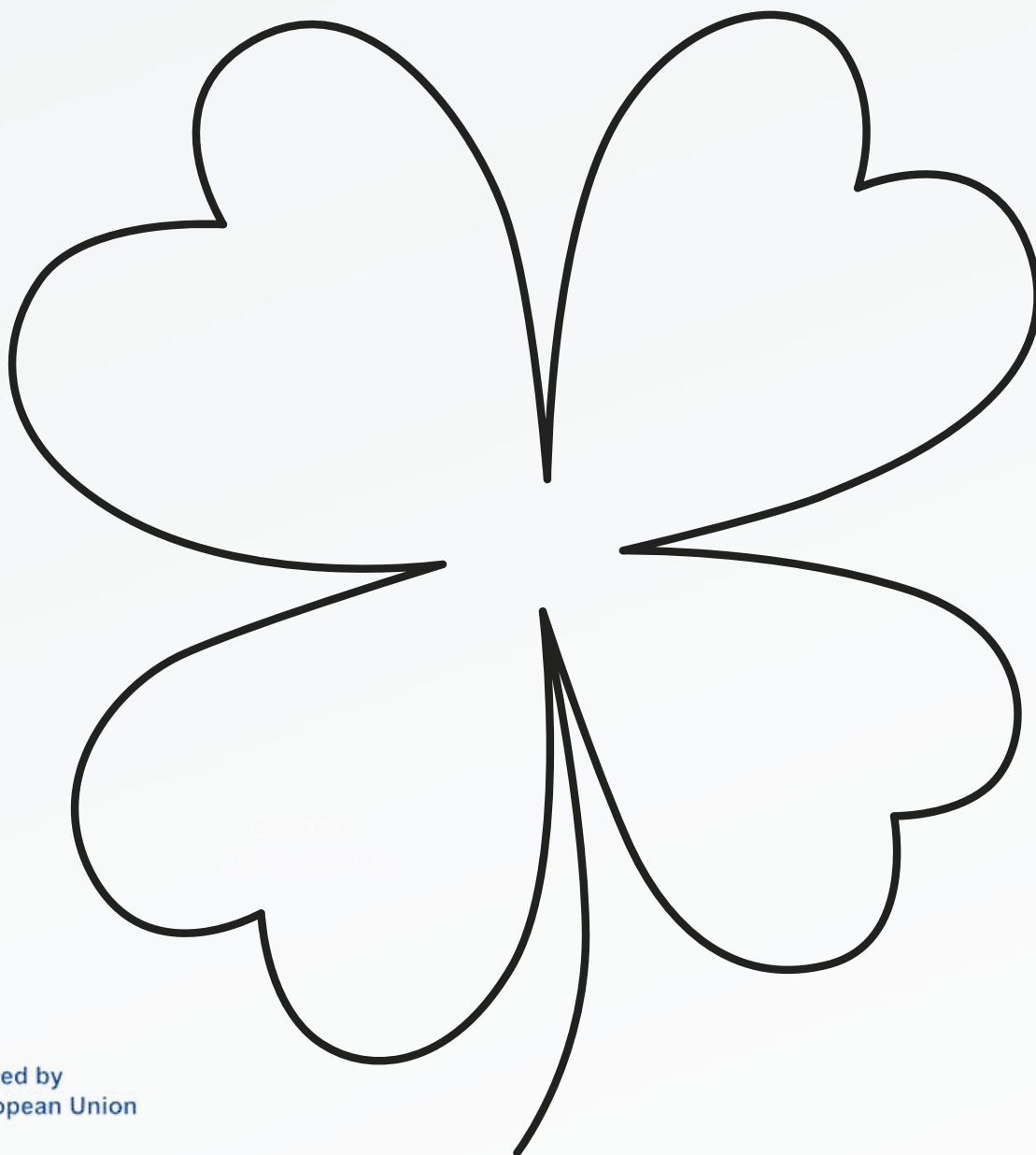


SELF-CARE

ACTIVITY DESCRIPTION AND MATERIALS

MY SOURCES OF POWER AND RECREATION

Where, with whom, at what activity do you refuel? What are your sources of strength? Fill the leaves of the clover with your sources of power and recreation!



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