



Career Management Skills - A New 'Literacy' for Sustainable Employment Project Ref. No. 2016-1-UK01-KA204-024334 P1-European Learning Network Ltd-U.K.

HAND-OUT

AREA: SELF CHANGE

....am aware of how I change and grow throughout life.

DESIGN AN ALBUM COVER OF YOUR LIFE: Include an image, the title, and create a playlist of up to 10 songs (real or fictional) that tell the story of your life. These can be real or fictional song titles... This will be the way that you might help your clients grow awareness about their progress in a creative way

BRAINSTORMING

- \diamond What are the differences between listening and hearing?
- \diamond Why do we need to listen?
- \diamond What is the result of not listening?
- Why do we not listen? Aspects/dimensions of listening respect, attention, interest ... other?
- \diamond What are some verbal and nonverbal signs of listening?

EXERCISES IN PAIRS

- \diamond Ex. 1: Listen and Paraphrase
- ◇ Ex. 2: Listen and "Mirror"
- ♦ Ex. 3: Develop a perception check statement
- Ex. 4: Create an open-ended question of each of your colleague's statement
- Ex. 5: Respond with an open-ended question to your colleague's statement in order to get more specific information
- ♦ Ex. 6: Summarize
- \diamond Ex. 7: Giving feedback

Co-funded by The Erasmus+ programme of the European Union. This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.