



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

## **USEFUL TECHNIQUES/EXERCISES**

Help the client brainstorm/explore	Designing actions
ideas and solutions	
Brainstorming	Compass
Brain writing	Boundary examination
Personal Analogy	Backwards Forwards planning
7 Thinking Hats (E. De Bono)	Chunking
Contradiction analysis	Productive thinking model
Excursions	PDCA (Plan, Do, Check, Act) model
Free ideas association	PIPS (Phases of integrated problem-
	solving)

For the explanation see Further reading 3

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