COLLECTION OF EXERCISES

*Complete this form and send it via e-mai to info@gunet with subject: „Add my exercise to CENTAUR exercises collection“*

|  |  |
| --- | --- |
| **Title: Life dreams - heart desires** |  |
| **Competence / skill:** |  |  |
| [ ]  Communication | [ ]  Composure/emotional regulation | [ ]  Self-motivation & perseverance |
| [ ]  Problem solving | [ ]  Ability to capture, grow and bring an idea to life | [ ]  Learning from experience / take up and integrate new knowledge |
| **Focus on:** |  |  |
| [ ]  Open-mindedness | [ ]  Self-awareness | ☐ Work ethic |
| [ ]  Tenacity | [ ]  Self-efficacy | [ ]  Self-expression |
| **Training field:** |
| [ ]  Creativity Development | [ ]  Resilience Building | [ ]  Entrepreneurial Skills | [ ]  Soft Skills |
|  |  |  |
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| --- | --- |
| **Type:** | **Setting:** |

 |
| [ ]  With guidance | [ ]  Self-study | [ ]  Face to face | [ ]  Online |
| **Group size:** |
| [ ]  Individuals | [ ]  <10 participants | [ ]  >10 participants |  |
| **Duration:** |
| [ ]  Up to 30 minutes | [ ]  31-60 min | [ ]  More than 60 min |  |
| **Language:** |
| [ ]  English | [ ]  German | [ ]  Greek | [ ]  Icelandic |
|  |  |  |  |
| **Method:**Please indicate what kind of method you describe (e.g., group work, single work, project, discussion, event, excursion, tutoring, coaching, …) |
| **Short description:** Please provide a short summary (not more than 500 letters) |
| **Materials:***Description of materials needed.* | **Preparation:***What needs to be prepared before the action?***Time for preparation:** *how much time is needed for preparation?* |
| **Tips for implementation:**What should trainers take in consideration (cracking points, working environment, implementation in lessons, practical recommendations, …) |
|  |
| **Learning outcomes:**Through this method/action, these benefits are achieved: |
| **Description in clear steps:**step 1: … , step 2: …*Please describe the method in clear steps. Use short sentences to facilitate the implementation and try to look through the eyes of a person who doesn´t know the method at all.* |

CONTACT DETAILS

|  |  |
| --- | --- |
| **Contributor:** | **Website:** **www.christine-kaufmann-art.coms** |
| **Self-description of contributor and his/her offers:***Self-description: not more than 5-10 lines**Offers (courses, seminars, activities, experiences, ...)* |
| ***Category:*** *(Music, Fine Arts, Performing Arts, Creative writing, Visual Arts, Design, Photography, Crafts, Other)* |
| **Language:** |  |
| [ ]  English | [ ]  Greek |
| [ ]  German | [ ]  Icelandic |