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 |
|  |  | | | |  | | | |
| |  |  | | --- | --- | | **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 |