CENTAUR - Supporting, mobilizing and empowering
creative and cultural industry entrepreneurs and educators
towards social change
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How to use the SAT-Tool

Dear Artist, Trainer or Trainee,

➔ Do you want to learn simple ways to put yourself in a better mood?
➔ Do you want to expand your repertoire of expression?
➔ Do you want to learn creative methods to reduce stress?

But which of the many exercises offered suits you best right now?

The SAT tool will help you decide.

You find the SAT-Tool here:

Visit the link: https://training.centaur-project.eu/

Then, click on the green box "Self Assessment Tool".

By the way, you may change the language by using the upper right language menu 🌐 English.

It works like this:

You answer 36 statements according to your interests.

1. Click the most appropriate of the five answer-options.
2. Then click on the Next button to go to the next question.
3. At the end of the questionnaire, click on the Submit button.

Immediately afterwards you will receive your evaluation.

According to the answers you have given, you will find out your degree of interest in percentages:

The skills and training areas with a score between 75% and 100% comprise the recommendation:
are most interesting to you.

Skills and training areas with a score between 50% und 74% comprise the comment:
may also be of interest for you.

Between the skill and the degree of interest you will find a yellow bar, showing the percentage of your result.

To facilitate your overview, you will also find the rank of your interest directly next to the corresponding skill in the first column as a number (e.g., 3).

Your options to continue depend on whether you plan to attend a seminar or whether you are a self-learner.

➔ If you plan to attend a seminar, download the results sheet in pdf and send it to your trainer.

➔ If you are a self-learner, click on the recommended skill. You will be redirected to the corresponding exercises on the exercise-database.