AWARENESS 4CHANGE

Co-funded by the Erasmus+ Programme of the European Union

Module 5

Guidelines for Testimonies/Case Studies Discussion

Trainees of the Awareness4Change Course will be provided testimonies/case studies in every module of the course, related to the concepts and goals proposed for each one. These testimonies/case studies are available in several formats (PDF, video etc.), and trainers should guarantee that they are accessed before the in-person session, so that trainees can be able to discuss them at the session.

For a fruitful discussion at the in-person sessions, we proposed that the trainees follow the questions below when discussing the testimonies/case studies provided:

1. Briefly introduce the theme of the testimony/case study and the speaker
2. What do you believe is the goal of having this testimony/case study in the Awareness4 Change Course?
3. What can we learn from the testimony/case study? What are the main takeaways?
4. How does this testimony/case study inspire you to take action in your workplace?
5. How does this testimony/case study inspire you to take action in your daily life?

Trainers should provide these questions beforehand, so that the trainees come to the discussions prepared. When discussing the answers, it is advised that trainers:

- give each trainee an opportunity to respond to a guiding question without interruption or comments;
- provide trainees with the option to pass;
- after the round, discuss the responses.

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