

# YAGS TRAINING - AWARENESS



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## AWARENESS



## PROGRAMME

(60 minutes)

- Yags presentation
- Yags training agreement
- Presentation of the topic (ppt instrument – frontal lesson)

(30 minutes)

- Exercise: Leonardo Bridge (metalog form)

(90 minutes)

- Elaboration of emerged contents (coaching, strong questions)

- **Learning Objective:**  
Understand the relevance of the self awareness when you work as a educator with youth.
- **Educational Objective:**  
Understand the expressed and unexpressed potential. Understand your own aptitudes, cross-cutting competences and limits.

## AWARENESS



### **PRESENT YOURSELF:**

- Which are your strenghts?
- Which is your potential?
- Which are your attitudes?
- Which are your transversal competences?

## AWARENESS

**WHAT IS AWARENESS:** to remain observer of yourself without someone else's judge

- Observation
- Adherence to reality
- To know how to stay here and now
- Rielaboration



## AWARENESS



## PROCESS OF ORGANIZATIONAL AWARENESS:

- Self awareness
- Self control
- Awareness of others

AWARENESS



## **SELF AWARENESS**

Process of reflection on your own behaviour

AWARENESS



## AWARENESS OF OTHERS

Without awareness of others we can not have real relations



## AWARENESS



## CONSAPEVOLEZZA DEGLI ALTRI

- “It is through self awareness, which leads to self control, that we can learn the ability to have a real relation with others. Only then it will be possible to have a real and meaningful relation. However, there will be a lot of situations in which our emotion and fantasies will come into play. In these circumstances we need a greater degree of self-awareness if we want to get the best out of the members of the working group”

# PONTE DI LEONARDO

## AWARENESS



### Obiettivi di apprendimento

**TEAM BUILDING** - interattività, feedback, creazione di un sistema di apprendimento comune, integrazione dei soggetti più deboli, accettazione degli errori, gestione della scarsità **PROJECT MANAGEMENT** - gestione di pezzi numericamente scarsi, condivisione del know-how, ricerca di soluzioni creative **COMUNICAZIONE INTERCULTURALE** - allineamento culturale, riconoscimento dei bisogni, accettazione dei diversi punti di vista

### PROGETTO

L'idea per questa costruzione proviene dal genio universale Leonardo Da Vinci. Intorno al 1480, egli progettò un ponte trasportabile che poteva essere eretto senza l'impiego di attrezzi.

Obiettivi importanti per lo sviluppo di una squadra sono la creazione di stabilità all'interno del gruppo stesso, la capacità di colmare le lacune e di superare gli ostacoli. Il Ponte di Leonardo si rivelerà un successo efficace nel promuovere lo spirito di squadra.

### PREPARAZIONE E SVOLGIMENTO

Il compito dei partecipanti è di costruire un ponte autoreggente di 4 metri, usando solo i 28 bastoni forniti.

Non è consentito l'utilizzo di qualsiasi altro attrezzo. Dopo un primo brainstorming (confronto di idee) in piccoli sottogruppi, tutti i partecipanti iniziano a costruire il ponte. I fattori chiave per una buona riuscita sono la coordinazione all'interno del gruppo, la creatività e la condivisione delle conoscenze. Il risultato sarà una costruzione autoreggente, che può essere considerata una metafora della stabilità interna ed esterna della squadra.

Un'altra tematica che può essere affrontata: come le squadre diventano sempre più vicine, ad esempio, in un ambiente interculturale. I partecipanti cominciano a costruire il ponte iniziando dalle due estremità. Il ponte li fa avvicinare sempre di più. Alla fine le due parti del ponte diventano una cosa sola.



## Themes & Outcomes

- Team building: communication interchange, dealing with shortages, coordination, team interaction, facilitating
- Project management: dealing with sparse resources, sharing know-how, finding creative solutions
- Intercultural communication: adjustment, accepting views and ideas of others

## Activity

- The idea for this construction comes from the universal genius Leonardo Da Vinci. Around 1480, he designed a transportable bridge that could be erected without tools. Important goals in team development create stability within the group and improve the ability to bridge gaps and overcome obstacles. Let your group face this challenge! Leonardo's Bridge will result in visible success that will promote team spirit.

## How It's Done

- The participants' task is to construct a self-supporting bridge of 4 metres in length, using only the 28 sticks provided. No other tools may be used. After first brainstorming in smaller subgroups, all participants start constructing the bridge. The key factors for success are coordination within the group, creativity and sharing of knowledge. The result will be a self-supporting construction, which can serve as a metaphor for internal and external team stability. Another issue that can be addressed is how teams grow closer, for instance, in an intercultural environment. The participants start constructing the bridge, beginning at two ends. The bridge brings them closer together. In the end, the two parts of the bridge become one. The key factors for success are coordination, cooperation and adjustment (as regards the method of construction) between the two subgroups.

<https://www.metalogtools.com>

## AWARENESS



Which are the features of your behaviour you used?

Which are the skills you used?

Which is the knowledge you used?

How did you see yourself?

Which was your perception of the group?

# SELF EVALUATION QUESTIONS

- Which new elements of yourself did you understand better?
- Which of your unexpressed potentialities/resources did you discover?
- Which strategies and tools did you learn to train yourself to be and act in the «here and now» dimension?