



08 Declaration of Intent

Competence covered

Vision; taking initiative

Aim of the tool

To stimulate a free reflection on what the participant would like to do.

Timing

60 minutes

Description

The tool will help to reflect and to communicate what the migrant woman hopes to do or achieve. Instead of starting from a “blank paper” she will be facilitated in drawing her own statement by the following very easy steps.

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How does it work?

As trainer you just have to introduce the tool with the sentences below.

“Let’s imagine you are economically independent, and you can live the life you always wanted. Take notes of your thoughts in the table below.”

ACTIVITY	PEOPLE	HELPING
<i>Describe 3 or 4 activities that you want to do more than other things.</i>	<i>Describe people (or a group of people) you would like to spend your time with.</i>	<i>How can you be helpful for others? Use 3 or 4 verbs to describe the specific actions you would like to undertake to help others.</i>

As a basis for your *Declaration of Intent* build sentences by using the frame below:

<i>I would like to</i>	<i>help</i> (verb)	<i>people</i> (name)	<i>through this activity.</i>

Now try to combine the ideas from the above list into specific actions, for example: I would like to provide assistance to elderly in my neighbourhood by reading to them and taking them out for walks.

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Evaluation grid for the trainer

Please answer the questions below about the performance of the participant with the following grade-scale:

1: not at all

2: a few (barely)

3: consistently

4: very consistently

-How much the participant was able to identify their areas of interest?

-How much the participant was able to identify activities she is good at?

-How much the participant was able to identify the contribution she could provide in supporting others, or doing something for others?

-How much the participant was able to circumscribe the people who can most benefit from her action/initiative?

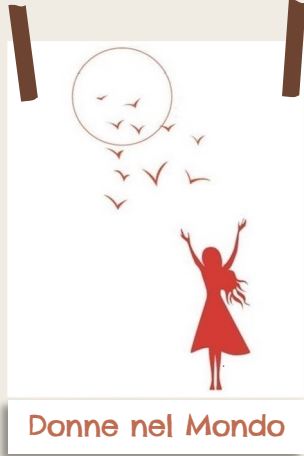
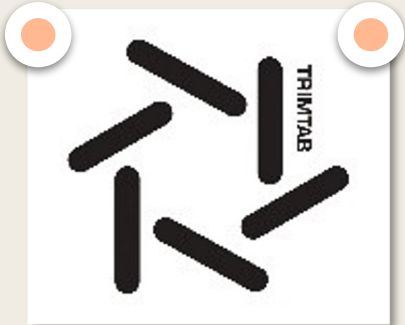


**CONGRATULATIONS,
YOU MADE IT!**



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