

About You... Know yourself

Overview for creating each training page:

- FLIP learning review
- Summary of today's activity
- Questions to discuss.
- Process of today's activity and learning
- Reflection of the class activity

Summary: The intent for today's lesson is to get the class to focus on themselves. What are my strengths and attitude? How do I want others to see me with my outward and inner appearance. Questions will be the focus of their engagement for learning. How do I capture this on paper or the web (Branding)?

Questions to discuss:

What's my attitude?	What are my goals in life?
How does SEL fit into my being? Self-awareness, Social awareness, Self-management, Strong relationships	How do I improve in SEL?
What are my outcomes?	How do I develop skills like Trust, Respect, Independence, Collaboration, and Kindness, Listening, Empathy
What are the elements on my branding document?	

Process for today:





List of elements in this process
Discover Strengths
Building your brand
Non-verbal... communication
Showing up... to work
Your Purpose / Goals
SEL
Ownership of my involvement
Assessment of how I'm doing

“Students need to change their disposition toward learning away from being directed by someone else to an attitude of working for your-self—agency, self-discipline, initiative and risk-taking are all important on the job.”

How do we build our core values like Trust & Respect?

Create my Brand document

Review and understand my ownership concept

Review non-verbal communication and showing up (as woody Allen says)

What is my purpose / Goals in life?

Group Reflection:

This worksheet should be used in various places of the learning process. The questions and thoughts will be answered by all in a review of our previous work.

The leader will facilitate the process:

- Were we true to our values? (how well did we listen; did all have a chance to participate)
- What have we learned?
- Did we hit any roadblocks in our process and what were they?
- What improvements going forward should we do?

