Role-Play, Self-Care – Review Personal Goals

Step 5:

Review personal goals

Aim: To revisit participants' goals for the course

Materials: The envelopes (which were held by the facilitators until now) in which participants sealed their personal goals during the first workshop

Activity (5 mins): It is useful and enlightening for participants to return to the goals that they set for themselves during the first session. Distribute the envelopes to all participants and give them a few minutes to privately reflect on what they wrote a few weeks previously. Reviewing their personal goals usually reminds participants about how far they have come and what they have learned since the first workshop.