

Group Activity: Scenario discussion MT2.2_4

"Resilience Building: From Vulnerability to Strength"

Duration: 20 mins

Objective: To help participants quickly understand and apply strategies for building resilience by analyzing and discussing real-life scenarios.

Materials Needed:

- Printed or digital copies of two brief resilience-related scenarios.
- Sticky notes and pens for participants.

Instructions:

Introduction (2 minutes):

- Begin by briefly introducing the concept of resilience and its importance in overcoming challenges.

Scenario Presentation (5 minutes):

- Provide participants with printed or digital copies of two brief resilience scenarios. Each scenario should present a challenging situation or obstacle.
- Ask participants to quickly read through both scenarios individually and reflect on how they would feel and react in each situation.

Group Discussion (8 minutes):

- Divide participants into pairs.
- In their pairs, ask participants to share their thoughts on one of the scenarios they read. Encourage them to discuss how they would personally respond and what resilience strategies they might use.

Resilience Strategy Identification (2 minutes):

- Reconvene as a larger group and invite a few pairs to share the scenario they discussed and the resilience strategies they proposed.

Reflection (2 minutes):

- Lead a brief discussion on any common themes or strategies that emerged during the scenario analysis.

Attachment to MT.2.2_4
Task 2.2



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- Emphasize the importance of adaptability, positive thinking, seeking support, and other resilience factors.

Personal Resilience Plan (1 minute):

- Distribute sticky notes and pens to participants.
- Ask each participant to quickly write down one specific resilience strategy they can apply in their personal life based on what they've learned during the activity. It should be related to the scenarios discussed.

Sharing (1 minute):

- Have a few participants (volunteers) briefly share the resilience strategy they wrote on their sticky notes with the group.

Conclusion (1 minute):

- Summarize the key takeaways from the activity.
- Encourage participants to incorporate the identified resilience strategy into their daily lives.
- Thank participants for their active participation and willingness to learn about resilience-building.

This adapted "Quick Resilience Scenario Analysis" activity provides a condensed version of the previous exercise, allowing participants to engage in discussions and develop a personal resilience plan within a 20-minute timeframe.



Joint development, piloting and validation of entrepreneurial mindset and key skills curricula and training materials for third countries

Example:

Scenario 1: Work-Related Stress

You've been working on a crucial project for weeks, and the deadline is fast approaching. The pressure is intense, and you're feeling overwhelmed by the workload. Additionally, there have been unexpected changes in the project scope. It seems like the odds are against you, and the stress is taking a toll on your well-being.

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Scenario 2: Personal Health Challenge

You receive news from your doctor that you have a health condition that requires significant lifestyle changes and treatment. The diagnosis is a shock, and you're anxious about the uncertainties that lie ahead. Adapting to the new dietary restrictions and medical routines feels challenging, and you're struggling to maintain a positive outlook.

These scenarios provide situations where resilience can be tested and explored. Participants can discuss their responses and resilience strategies in light of these challenges during the activity.

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