

**Group Exercise: MT2.2\_2**

**Activity Title: "Growth Through Grit: Personal and Professional Pathways"**

**Objective:** To stimulate discussion on how perseverance and motivation contribute to personal and professional growth.

**Activity Instructions:**

**Introduction (2 minutes):** Begin with a brief introduction of the subtopic, highlighting how perseverance and motivation are not just concepts but actual skills that can be developed and utilized for growth.

**Pair Up (1 minute):** Have participants pair up. If the workshop is virtual, use breakout rooms for pairs.

**Discussion Prompts (10 minutes):**

Each pair discusses specific situations where they have seen perseverance lead to personal growth (e.g., learning a new skill, overcoming a personal challenge).

They then discuss how motivation has played a role in their professional achievements (e.g., completing a significant project, earning a promotion).

**Group Share (7 minutes):** Reconvene as a large group and have a few pairs share their discussions, focusing on common themes that emerged about the role of perseverance and motivation in growth.

**Reflection (5 minutes):** Close the activity by asking participants to reflect on how they can apply the insights from the discussion to their current personal and professional goals.



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### **Hints for the Trainer:**

Encourage participants to think of concrete examples from their own lives.

Remind them that the goal is not to boast about achievements but to identify the underlying competences that led to those achievements.

Foster an environment of support and confidentiality to ensure open and honest discussions.

Attachment to MT2.2\_2  
Task 2.2



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