

Activity:

Connecting With Mentors And Role Models



Welcome to our activity on discovering role models and understanding their influence on our lives. During this activity, we will explore the concept of role models, identify the individuals who inspire us, and examine the qualities that make them influential.

By the end of this activity, you will have a clearer understanding of how these role models shape your values and aspirations.



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Time: 60- 90 minutes

Age: 16+

Aim: To discover role models and the influence they have on our lives.

Objectives:

To help the participants to:

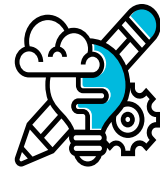
1. Identify their role models,
2. Understand the qualities that inspire them,
3. Apply those insights to their own lives.

Materials required:

- Paper and pens
- Whiteboard or flip chart
- Markers

Optional activity materials:

- Poster size paper
- Magazines
- Scissors
- Glue



Preparation:

- Familiarise yourself with the concept of how identity is created through various social factors such as background, gender, religion, race, and social context
- Prepare a personal story about your own role model, highlighting how they influenced your life. Review the step-by-step methodology and timing to ensure smooth facilitation.

Instructions:

1. Introduce the workshop in the following way:

- Explain briefly how our identity is created by our background, our gender, religion, race, social context, etc. In turn that it can define our sensibilities, our values and way of thinking. This is why we have different role models that inspire us for one or other reason.
- Discuss the concept of role models and why they are important.
- Share a brief story about your own role model and how they influenced you.

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2. Brainstorming

- Ask participants to write down the names of their role models on individual pieces of paper.
- Collect them in a box.

3. Share Your Role Models

- Draw names randomly from the box and have participants share who their role models are and why.
- Facilitate a group discussion about commonalities and differences in their choices.
- Create a list of shared qualities or values on the whiteboard.

4. Reflection

- Ask participants to reflect individually on the qualities they admire in their role models.
- Have them consider how these qualities align with their personal and professional goals.

5. Create an Action Plan

- Encourage participants to set specific, measurable, and achievable goals based on their reflections.
- Discuss strategies for incorporating the identified qualities into their daily lives.

6. Closing Up

- Summarize key takeaways from the activity.
- Emphasize the importance of continuous self-improvement and learning from positive role models.
- Express your gratitude for the participation.

Optional

Before creating the Action Plan, you can propose to make a Vision Board that can visualise the values they admire in their role models. After that you can include a sharing moments in small groups.

