

HANDOUT 12 Identifying Role Models – Guiding Questions



Take another look at your map of networks relations (mapping the network relations) and pinpoint to whom the following questions relate. When you go through the questions, you may discover persons or acquaintances that can help you be more positive and support you in reaching your goals.

Filling out this questionnaire, you might also discover some new people who can support you in your goals or act as role models in your life.

Who helps you relax?

Who makes you laugh?

With whom do you share interests and preferences?

With whom do you share values in life?

Who can help you be more aware of the good things in life?

On whom can you rely when you have decided to change something in your life?

Who can help you deal with conflicts or overcome a challenge or obstacle?

Who can help you stick to daily tasks and routines? (e.g., taking care of the children, do the shopping, clean the house and garden.)

With whom can you explore and discuss your career and life options?

Who can help you meet or support you in fulfilling your career and life goals?

Who can support you to be more aware of positive events and good things in your life?



WORLD KNOWLEDGE

SUPPORT & ROLE MODELS



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

N. 2016-1-PT01-KA204-0022780

Who can support you when you want something new in your life? Supporting you in reaching your goals?

Who do you know that is good at celebrating daily success and achievements?

Who do you know that solves conflicts in a good way?

Who can support you to find and explore your strengths?

Relate this exercise to one of your goals

In exploring different education or occupational opportunities, this can help you to contact a person that holds a job that you would like to have or a skill /competence /strength that you want to obtain.

Identify a person as a role model in relation to a project that you want to develop, a competency you want to obtain or studies you want to pursue regarding a future job or education.

The challenge consists of three parts:

- 1) First, you must identify five people, that all have a strong potential to be your role model as a mentor.
- 2) Secondly, you must contact at least two of them.
- 3) Thirdly, as far as possible, arrange a meeting with at least one of them.
