

Talent and strength quartet

Getting to know each other

source: liaisons



30-40 minutes



5-18 people

Topic

To raise participants' awareness of their own talents and strengths and to develop their self-esteem and confidence.

Objectives

- Reflect on and be aware of their talents and strengths.
- Discuss their talents and strengths.

Materials

See activity support material

Steps

1. Spread the talent cards around and form a circle.
2. Participants take five random talent and strength cards. Signal to start the activity. Participants begin by all passing the talent card that suits them the least to the person on their left. This way, the cards are passed around several times, the most suitable being kept and the least being passed on.
3. After passing the cards on several times, all participants can put away the one card out of the five that suits them the least, keeping four cards that more or less suit them. This is the talent quartet.

Debriefing

Engage in a discussion with the participants to explore each of their talents, strengths and qualities in greater depth. Participants may show their "talent quartet" to the group or choose one talent card that suits them and use it to express themselves. They can also explain why they did not choose certain cards.

You may use the following questions to encourage the discussion:

- *Does your talent quartet give a good impression of your talents, strengths, qualities?*
- *Can you give an example of how you use these talents?*

Jammin Board



ARTS



NFE



INCLUSION

Activity support material

(every talent represent a card)

Courage, Curious, Ambitious, Adventurous, Spontaneous, Beautiful, Playful, Careful, Modest, Sociable, Content, Serious, Smart, Organised, Friendly, Joyful, Creative, Enthusiastic, Dreamy, Educated, Happy, Open, Kind, Sensitive, Fast, Tender, Demanding, Strong, Friendly, Wise, Gentle, Planner, Confronting, Protective, Sporty, Independent, Accommodating, Optimistic, Precise, Patient, Stands up for himself/herself, Admirable, Agile, Open-minded, Funny, Persistent, Cooperative, Honest, Tidy, Sets boundaries, Decisive, Find solutions, Hardworker, Full of ideas, Full of imagination, Interested, Calm, Listener, Confident, Faithful, Good sense of humor, Beautiful, Powerful, Has guts.