

Think of a moment when someone gave you hope or strength.

Each participant shares one short positive memory
(approx. 5 min each).



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Motivational pathways

What helps people feel stronger?

talking to others, hobbies

movement

support groups, volunteering

small goals

Motivation Chain

Sometimes a kind word can give someone strength for a whole day.

Each participant gives one short positive message to the person next to them.

Something they noticed during the training

A positive quality they appreciate

Encouragement for the future

Motivation Chain

Sentence starters:

I appreciate how openly you shared today.

I noticed your courage today.

I like how thoughtful you are.

You bring calmness to the group.

Motivation Chain

Encouragement:

You are stronger than you think.

Your voice matters.

You have already come a long way.

Small steps are enough.

Motivation Chain

Belonging:

You are not alone.

Others can understand what you feel.

It is good that you are here.

We can support each other.