

Section 1.1 | Self-Assessment

Knowing Your Role

A session about your strengths, limits, and the support you need.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



This work is licensed under CC BY-SA 4.0. To view a copy of this license, visit <https://creativecommons.org/licenses/by-sa/4.0/>

What is this session about?

In this session you will think about your caring role.

What strengths do I bring?

Where are my limits?

What support helps me?

You will write a My Profile – Carer card.

My strengths

My limits

Support I need

What will you do today?

1

15–20 min

Safe Space & Warm-up

We create a safe space together.

You choose what to share.
Confidentiality is respected.

2

40–45 min

My Profile – Carer

You fill in a card about your role.

You use the chart and feelings cards.

You choose 3–5 key points.

3

20–25 min

Peer Recognition

You sit with one other carer.

You name two strengths you see in them.
They do the same for you.

Questions to guide you



"What strengths do I bring to my caring role?"



"Where do I feel stress or reach my limits?"



"What support helps me collaborate and feel sustained?"

By the end of this session,

you will be able to...

- 1 Name your strengths as a carer.
- 2 Identify your limits and emotional triggers.
- 3 Describe what support helps you.
- 4 Complete your own My Profile – Carer card.

You will create your own My Profile card to take with you.