

Section 1.1 | Self-Assessment

Knowing Yourself

A session about your strengths, needs, and what helps you feel respected.

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What is this session about?

In this session you will think about yourself.

What am I good at?

What do I need support with?

What helps me feel respected?

You will write a short "My Profile" card.

My strengths

My needs

What helps me

What will you do today?

1

15–20 min

Welcome & Warm-up

We create a safe space together.

You choose what to share.
You can always pass.

2

40–45 min

My Profile

You fill in a card about yourself.

You use the chart and feelings cards.

You choose 3–5 key points.

3

20–25 min

Pair Share

You sit with one other person.

You say two things you value in them.

They do the same for you.

Questions to guide you



"What am I good at in daily life?"



"What do I need support with?"



"What helps me feel heard and respected?"

By the end of this session, you will be able to...

- 1 Name your personal strengths.
- 2 Say what support you need.
- 3 Describe what helps you feel respected.
- 4 Complete your own My Profile card.

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