



WORK CARD 4

CONCENTRATION MAP — WAYS OF DEALING WITH DIFFICULT SITUATIONS



1

Ask the workshop participants to draw a map on which they will identify their individual strengths.

2

Then ask them to share these strengths in groups and discuss how you can use your strengths for your purpose. Achieving more concentration on the task as well as collective action against a difficult situation (educator, you will find below a collection of examples of difficult situations for adults).

3

Encourage sharing mutual support in development strengths and mutual support in and to the group in order to build attention, focus and concentration.

It is important for the educator to emphasize that the ability to concentrate can be developed and strengthened through systematic activities and a conscious approach. Encourage participants to engage and practice concentration techniques in their daily lives to achieve the desired results.

Remember that different groups may have different preferences and needs, so it is worth adapting activities and tools to the nature of the group and the topic of the training. It is also important to monitor participants regularly and adjust activities during training to maintain concentration and engagement.

Remember that when working with people with fewer opportunities and more difficult situations, it is particularly important to create a friendly and supportive atmosphere.

Make sure that all workshop participants have equal opportunities to express themselves and actively participate in the exercises. Encourage participants to be active, especially when you see barriers to entering the group.



WORK CARD 4

FOR THE EDUCATOR EXAMPLES OF DIFFICULT SITUATIONS FOR WORKSHOPS WITH PEOPLE IN DISADVANTAGES

- 1** **Interpersonal conflicts:** Simulating conflict situations can help participants understand how to deal with difficulties in interpersonal relationships. These may include scenarios regarding conflicts in the workplace, team management or negotiations.
- 2** **Stress management:** Participants may be asked to participate in a simulation of situations in which they have to cope with stress, such as difficulties with time management, time pressure or emergency situations. These exercises can help you develop your ability to cope with stress and stay focused in difficult situations.
- 3** **Effective communication:** The training may cover various scenarios in which participants will have to deal with difficult communication situations, such as negative feedback, communication conflicts or difficult conversations with customers or colleagues.
- 4** **Diversity and inclusion:** In the context of diversity, training may include scenarios dealing with difficult situations related to cultural differences, prejudice and discrimination. Participants can work to develop skills in understanding, tolerance and creating an inclusive environment.
- 5** **Difficulty in making decisions:** By simulating situations in which participants must make difficult decisions, such as choosing between different options, training can help develop the ability to make decisions under conditions of uncertainty.

It is important that difficult situations take into account the context and specificity of the target group. Training should be adjusted to the specific needs and challenges participants encounter in their work or professional life.