



WORK CARD 6

VICE PRESIDENT EXERCISE

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.



- 1** Divide the participants into two groups and assign them the roles of a "president" and a "vice president".
- 2** Ask groups to discuss a specific situation or problem related to the training topic.
- 3** The role of vice presidents is to support and advise presidents, but also to challenge and ask questions to develop strategic thinking.
- 4** After the discussion, ask the groups to share their conclusions and discuss how the vice president's role influenced the group process, including focus on the identified task and problem.



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- 5** Encourage participants' cooperation, assertiveness and creativity.
- 6** Choose an observer of the entire task to take notes on the attention of all participants both at the beginning, during and at the end of the task.
- 7** The recorded observations will be used to summarize the various phases of concentration and distracting elements.