



EMPATHY

WHAT IS IT ?

Your ability to understand how someone else is feeling.

WHAT CAN YOU GET ?

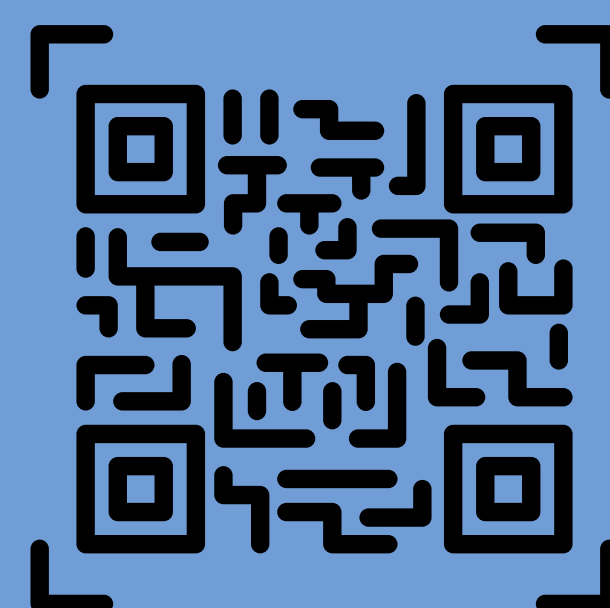
- increased your capacity for innovative thinking
- support as a leader to inspire your team to perform at their best
- increased customer service abilities
- improved understanding with colleagues from other cultures
- ability to understand how someone else is feeling.



EYES DON'T LIE

Find at least 4 strangers with whom you share 1-minute eye contact.

How often do you look into the eyes of others? How do you feel when you do? What makes you scared of eye contact?





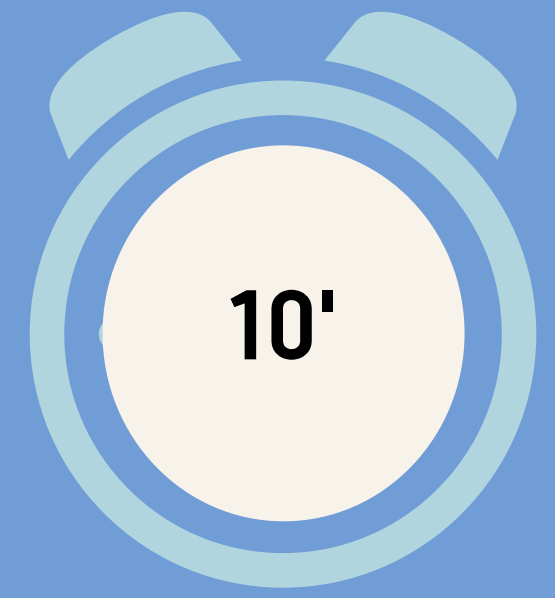
PROBLEM SOLVING

WHAT IS IT ?

Your ability to define a problem, find and implement its solution.

WHAT CAN YOU GET ?

- allows you organize your time effectively
- allows you address risk
- allows you think outside the box

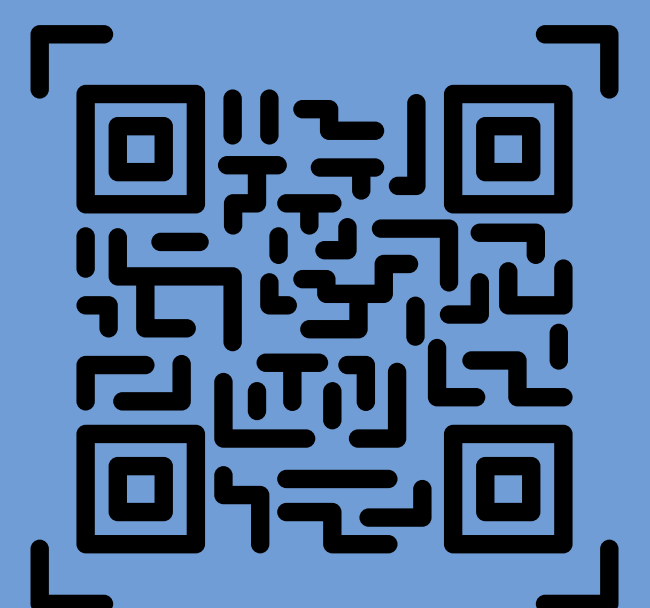


ENERGY BOOST

Persuade 10 people outside your team to participate in an online/offline energizer.

#COMMUNICATION

Observe how you feel before and after the energizer, and if possible also reflect on others' experiences.. Don't forget to have fun!





COMMUNICATION

WHAT IS IT ?

Your ability to give and receive different kinds of information.

WHAT CAN YOU GET ?

- allows you reduce conflict
- increases your job satisfaction
- builds trust
- powers your productivity



HANDS DON'T LIE

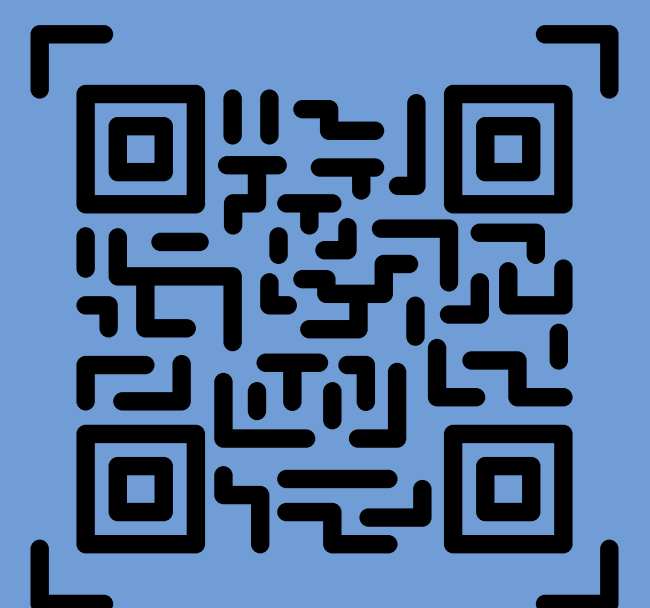
Stop a stranger and ask for directions without words.

#CREATIVITY

#ACTIVE_LISTENING

#RESILIENCE

How much do we depend every day on words to communicate with others? Can we communicate via other means?





ORGANISATIONAL SKILLS

WHAT IS IT ?

The ability to use your time, energy and resources effectively.

WHAT CAN YOU GET ?

- allows you set your goals successfully
- reduces stress
- increases productivity
- helps you balance your work with your personal life



PARTY TIME

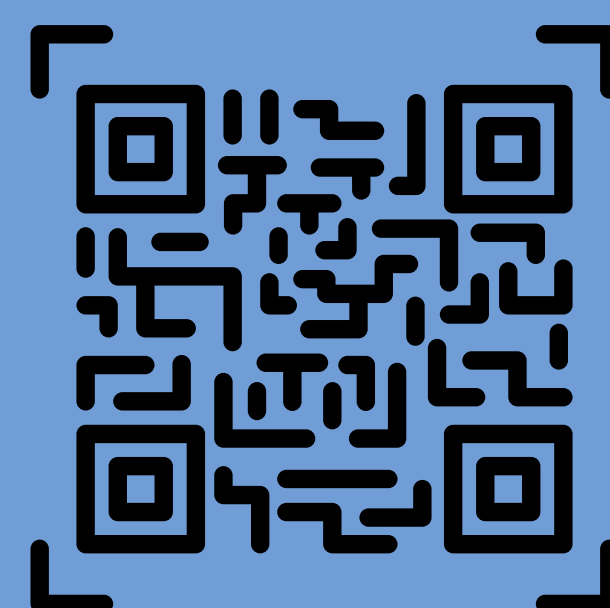
Organize an event for free (without spending money) at a shop, a cafe or a public place.

#CREATIVITY

#PROBLEM_SOLVING

#COMMUNICATION

You will be surprised on how many ways there are to create something with zero budget; Be creative, and have fun while doing it!





DIGITAL SKILLS

WHAT IS IT ?

Your ability to use digital devices and applications to access and manage information.

WHAT CAN YOU GET ?

- allows you be more productive
- allows you explore new ways of working
- allows you process information faster



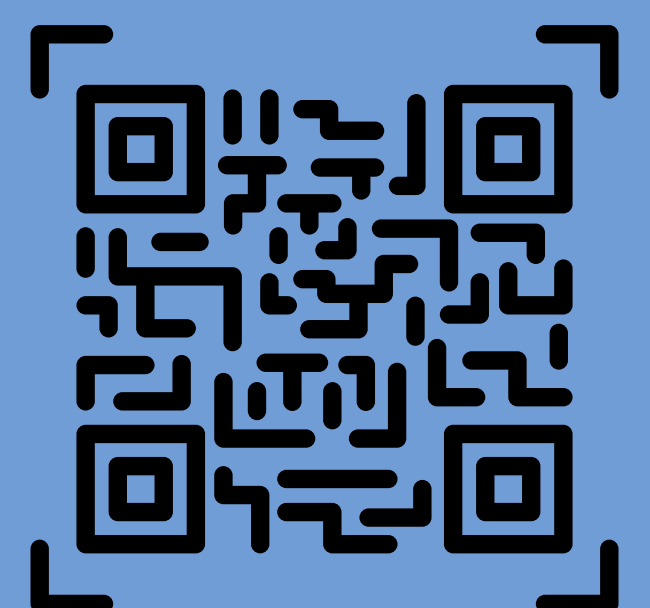
THEY ARE FAMOUS

Record a video saying 'hi' with a publicly known person.

#CREATIVITY

#COMMUNICATION

Do you feel nervous approaching people?
How often do you approach new people in
your everyday life?





CREATIVITY

WHAT IS IT ?

Your ability to make something new and useful.

WHAT CAN YOU GET ?

- allows you express yourself
- reduces stress and anxiety
- links you to others with the same passion
- improves your ability to focus



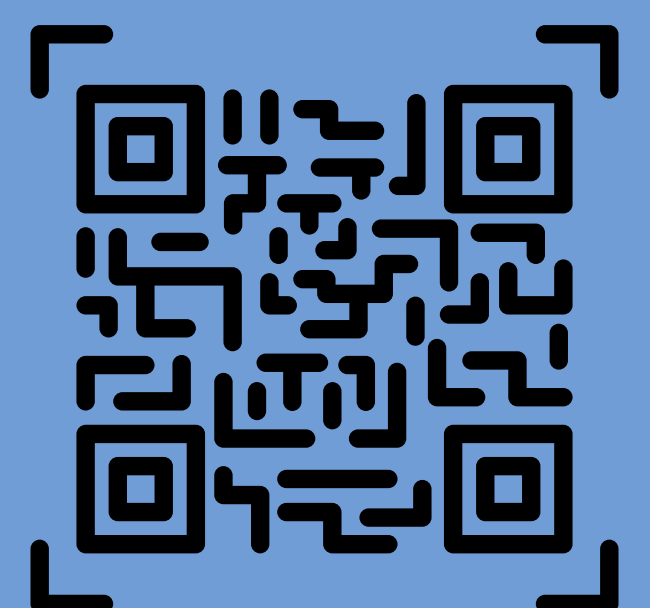
ARTIVISM

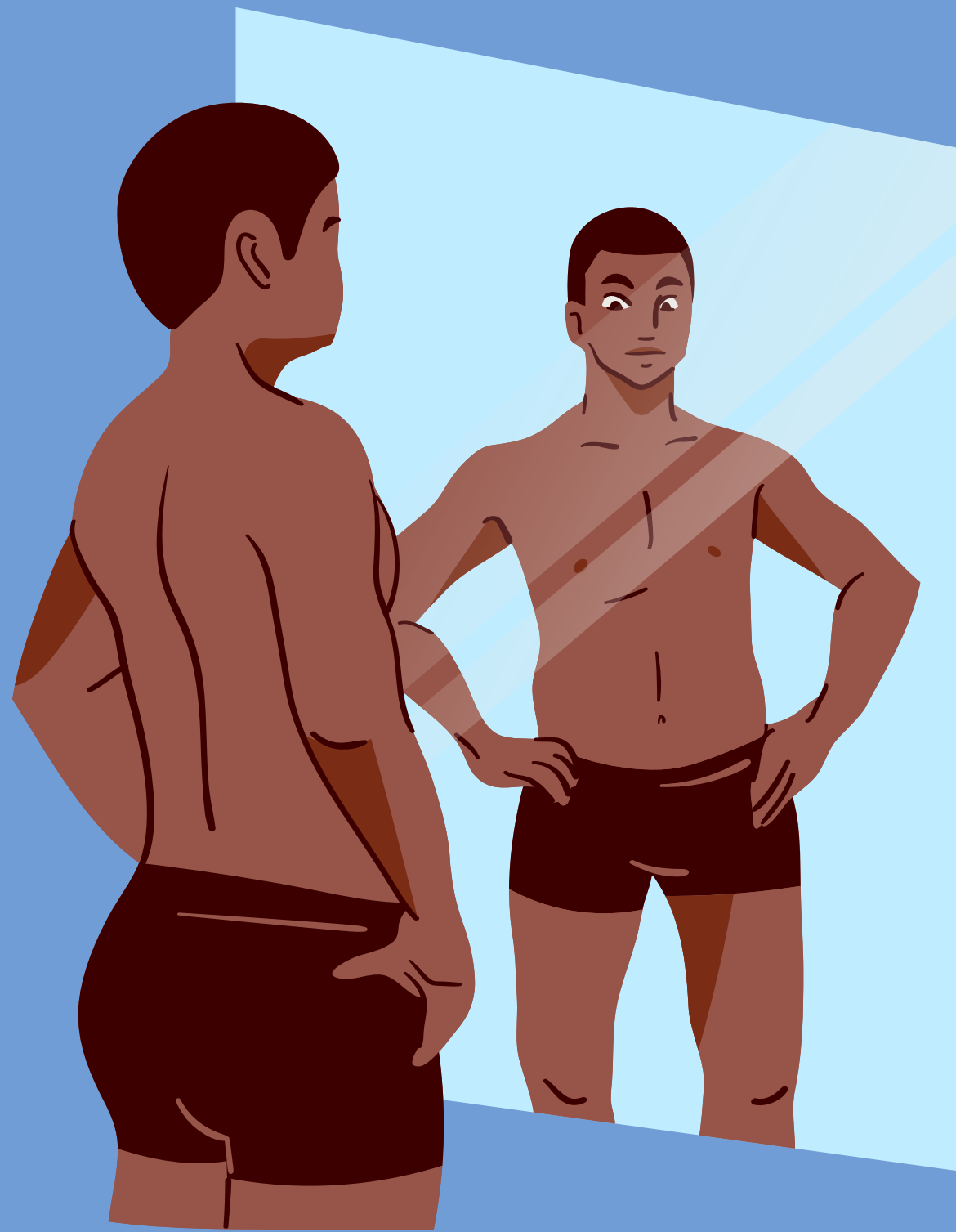
Celebrate diversity by creating an artwork of any kind on the street.

#ORGANISATIONAL_SKILLS



How often do you express yourself in public?
How can you share your message creatively?





SELF-AWARENESS

WHAT IS IT ?

The ability to know your own character, feelings, and how you process information and stimuli.

WHAT CAN YOU GET ?

- allows you relate better to your colleagues
- allows you manage your time better
- allows you better deal with stress in the workplace
- allows you better take on feedback

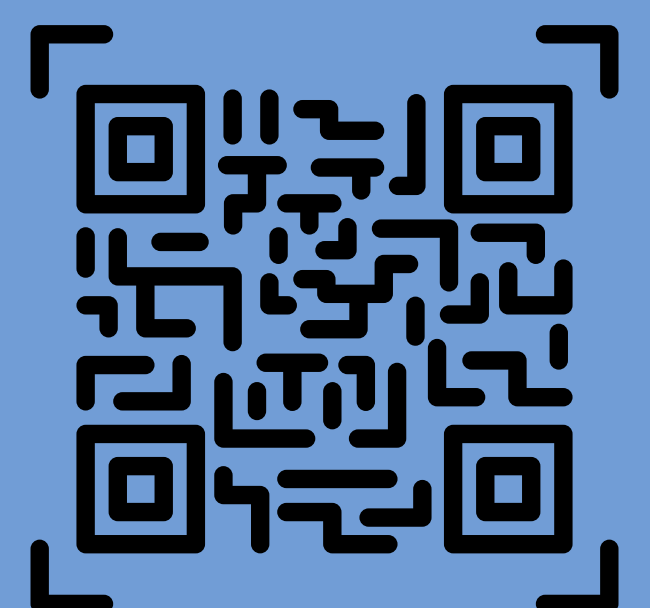


MONKEY BUSINESS

Adapt your CV and send it to the organization or company you always wanted to work.



Sometimes we are scared to do the leap that brings us closer to our dreams. What are you afraid will happen when you send your CV?





TEAMWORK

WHAT IS IT ?

Your ability to achieve your goals through successful joint effort with other people.

WHAT CAN YOU GET ?

- increases innovative thinking
- boosts your morale in the workplace
- improves your team's efficiency
- reduces stress
- encourages your personal growth



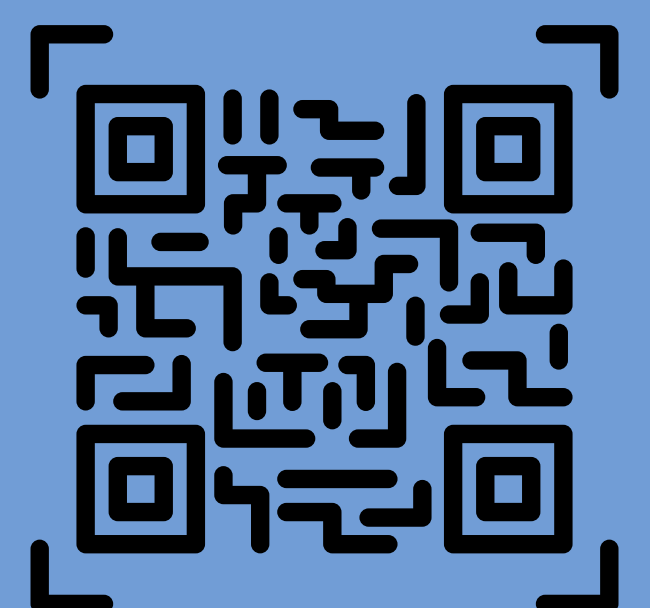
STAY CONNECTED

Stay connected, for at least 2 hours, with one of your teammates using any body parts you like, provided that you keep touching each other the whole time.

#COMMUNICATION

#RESILIENCE

Note down how you felt during the challenge. How does physical touch affects our relationships with others?





ACTIVE LISTENING

WHAT IS IT ?

Your ability to understand what other people are trying to tell you about their own experiences.

WHAT CAN YOU GET ?

- builds trust among you and your colleagues
- resolves conflicts & misunderstandings
- forms healthy work relationships
- improves your productivity



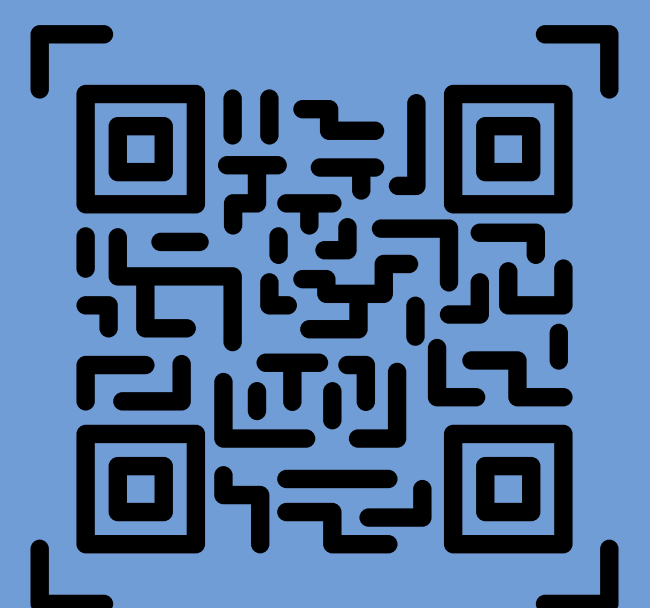
TALK TO ME

Sit in front of a person and ask them to tell a story for exactly 5 minutes without interrupting, and then summarize what you have heard.

#COMMUNICATION

#RESILIENCE

Are you really listening to the others? Sometimes we are in a conversation but not paying all the attention that the other deserves. How is it different now?





RESILIENCE

WHAT IS IT ?

Your ability to recover from difficulties.

WHAT CAN YOU GET ?

- allows you better handle challenges
- improves your communication with others
- helps you set realistic expectations
- allows you develop healthy relationships with your colleagues



BRILLIANT FAILURE

Research how 5 famous people succeeded after an epic fail

#DIGITAL_SKILLS

What does failure means to you? What was your biggest fail? Is failure a proof or our incompetence, or a step towards our development?

