

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



THE ORANGE CHALLENGE

Exchange an orange for something more valuable, then exchange that item for something more valuable until you find the most valuable item for you, with people you don't know.

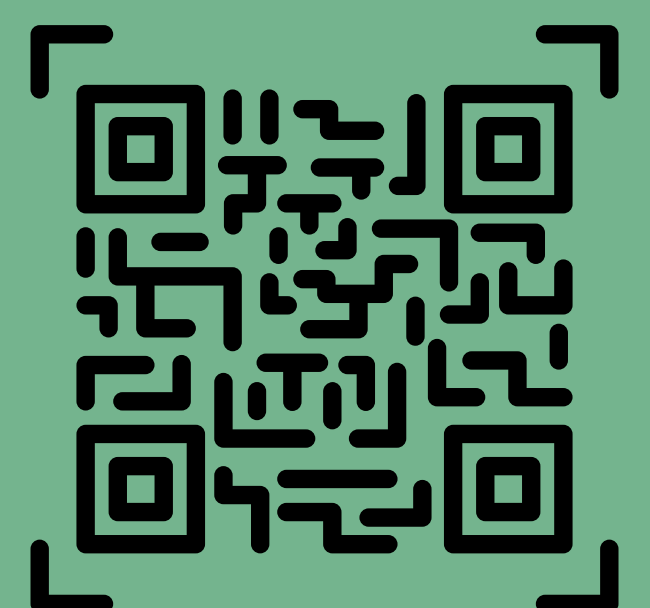
#COMMUNICATION

#RESILIENCE

#CREATIVITY

#EMPATHY

How can self-awareness and empathy lead you to convince people to give away something valuable? How creative can you get?





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



LET ME ENTERTRAIN YOU

Conduct a workshop, webinar or sightseeing tour in your area for at least 12 strangers.

#CREATIVITY

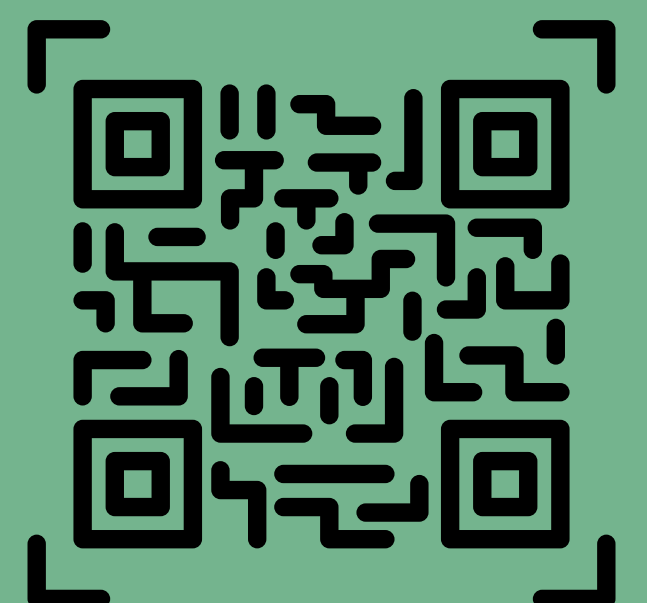
#AUTONOMY

#RESILIENCE

#COMMUNICATION

#DIGITAL_SKILLS

How much organization and creativity goes on behind a workshop? Research, ask around; How can you get the resources you are missing?





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



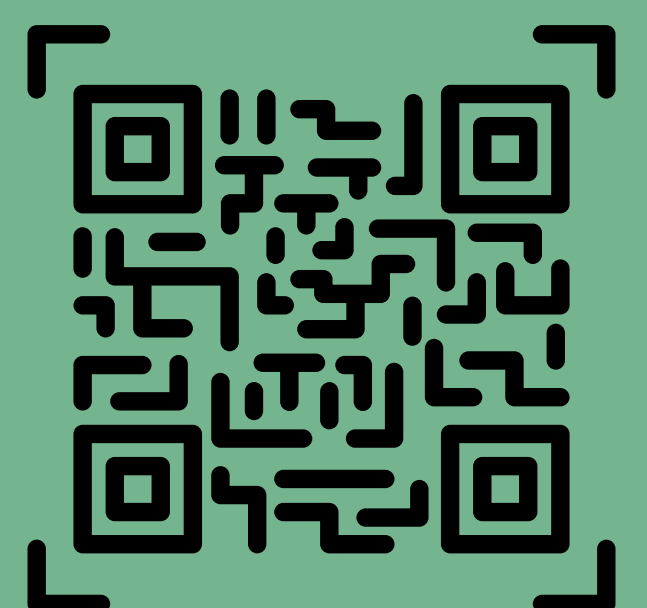
HANDMADE MUSICIANS

Make a street concert. Use handmade musical instruments.

#PROBLEM_SOLVING

#TEAMWORK

Look around; everything that you can imagine can become an instrument!
Be creative, and have fun with your friends.





PROBLEM SOLVING

WHAT IS IT ?

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

WHAT CAN YOU GET ?

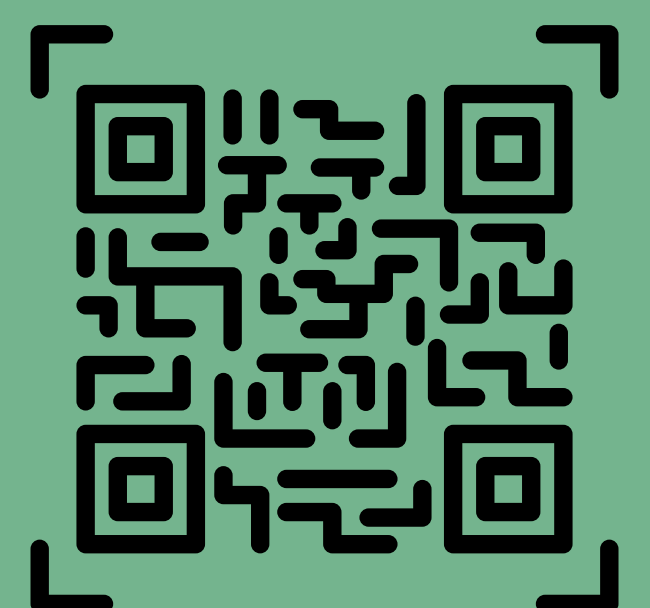
- allows you organize your time effectively
- allows you address risk
- allows you think outside the box



ENTER-PRENEURS

Visit a production area of a large company
(one where none of your team members work)
and see how it works.

Pay attention to small details.
What can you learn from this place, both its
good and bad practices?





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



INCLUDE ME

Form a band of at least 3 members, choose a song and perform it in front of at least 20 people

#COMMUNICATION

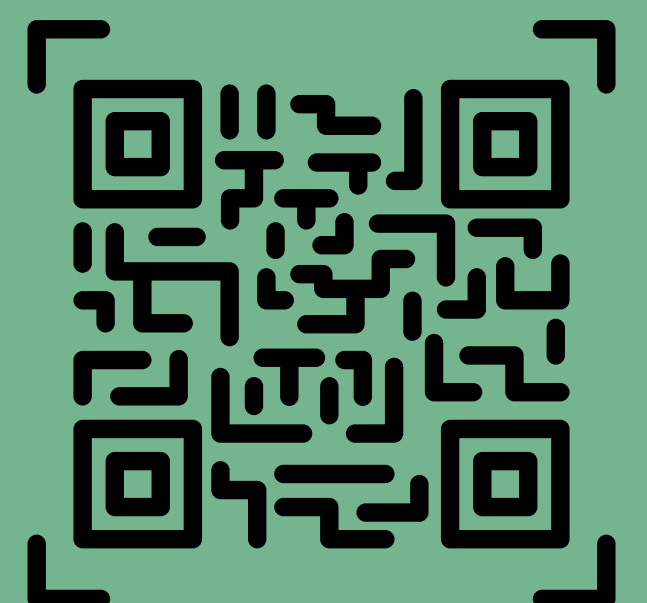
#RESILIENCE

#ORGANISATIONAL_SKILLS

#PROBLEM_SOLVING

#CREATIVITY

Making a fool of oneself has never killed anyone. Enjoy, and live the moment.





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.



IN MY SHOES

Commute for at least 3 stops with a public transportation mean or 30 minute on foot, in your city blindfolded

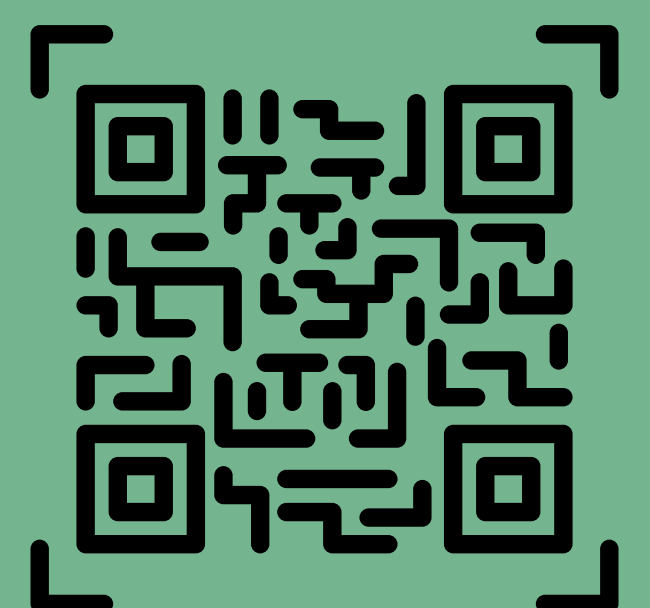
#AUTONOMY

#RESILIENCE

#SELF_AWARENESS

#COMMUNICATION

How much do you rely on your vision to move around town? How can you still move around without being able to see?





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



WISDOM TIME

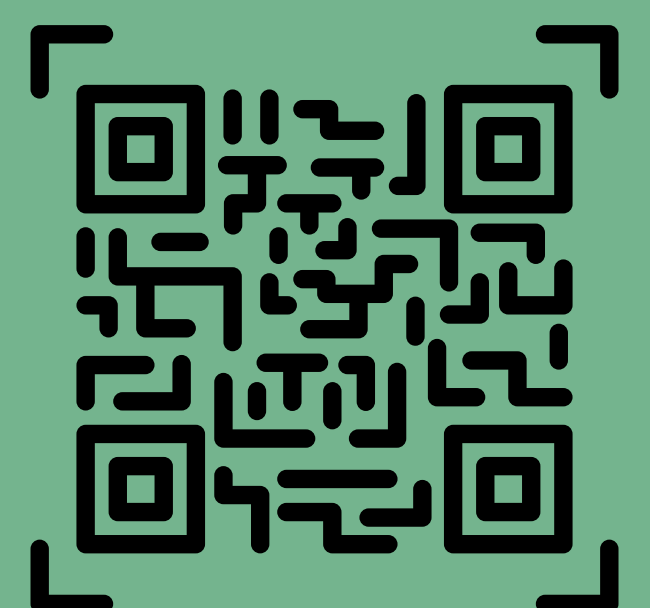
Find the oldest person around and ask them to share their wedding photos or any other life story

#EMPATHY

#RESILIENCE

#COMMUNICATION

An elderly person is like a living golden treasure; Listen carefully.





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



SWAP IT

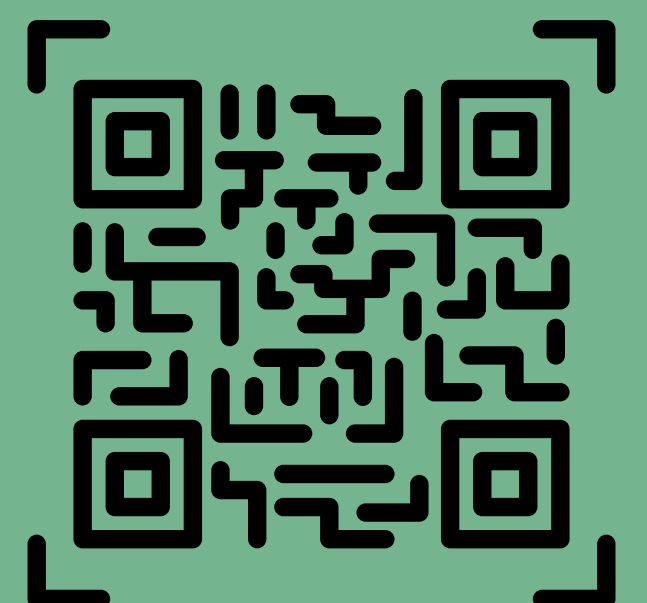
Use your non dominant hand for a day in all your activities

#CREATIVITY

#AUTONOMY

#PROBLEM_SOLVING

How is it to live the other way round? Don't be afraid to get creative with how you can live a day without your dominant hand!





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

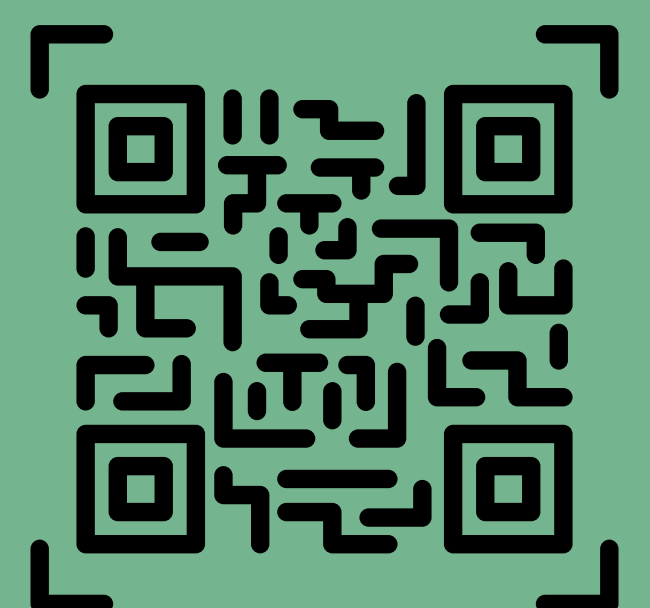


WIKIPEDIA SPEEDRUN

Starting from the wikipedia page 'EMPLOYER' find the page 'DIGITAL SKILLS' only by clicking the links

#PROBLEM_SOLVING

Getting from point A to point B can lead to a road with many wonderful findings. What was the information that impressed you the most?





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



JUST PITCH IT

Make an elevator pitch of exactly 1 minute and record yourself explaining who you are and why an organisation should hire you

#CREATIVITY

#RESILIENCE

#SELF_AWARENESS

#DIGITAL_SKILLS

How long do you think it would normally take you to present yourself? How do you feel now, having only 1 minute?

