

Facilitators/Trainers Note 4 – Who am I

Flower Exercise (could be a vehicle if participants cannot connect with the idea of drawing a tree, flower or bush).

Where does my personal power come from?

- Individually – Draw using pens/paper available
- Choose a plant, flower or tree to represent yourself
- Think of the root part as where you come from your history and background, childhood influencers
- Think of it growing into the person you are today
- What nourishes your own roots?
- Influences your decisions?
- Confirms your identity?

Leaf/Flower Part

- How does your behaviour (what shows) reflect your roots
- Positively
- Negatively
- How easily do you recognise your behaviour?

In Pairs

- Sharing your drawing/ideas talk to the other person about the picture you have of yourself either physically or mentally.
- Some questions might include what the colours represent
- What do the ideas/themes mean to them
- Gaps

Ask whole group to each talk about their plant and what they like about it.

Aim of exercise to encourage people to look at what drives their behaviour. This needs to be clearly articulated at the beginning. Need crayons/pencils/ or paint – colour important and paper (recycled?)