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ADULTS' PROBLEM-SOLVING SKILLS ENHANCEMENT STRATEGIES ENABLING TO IMPROVE PERSONAL RESILIENCE

TELL YOUR STORY

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**We don't stop playing because
we grow old;
we grow old because we stop
playing.**

G.Stanley Hall

«Tell your story» is a method

- to involve people to talk about their experience
- share ideas, thoughts and personal views
- is a tool to encourage people to talk to each other and listen
- train different skills

- ① Answering questions from the cards promotes self-exploring
- ① Playing cards in pairs or groups can promote discussions and dialogue to build a stronger team and to get to know each other better

Skills you can develop using cards:

- communication
- storytelling
- presentation
- tolerance
- argumentation
- active listening
- language training
- empathy
- time management
- creativity

Target groups

- students
- trainers
- psychologists
- educators
- families
- young people
- seniors
- people with special needs
- support groups
- consultants, etc.

Authors of «Tell your Story» cards:

- Ginta Salmiņa – a member of the board and Managing Director at NGO, trainer
- Zane Veinberga – Mg. Psych., professional and personal development consultant, psychologist, trainer