

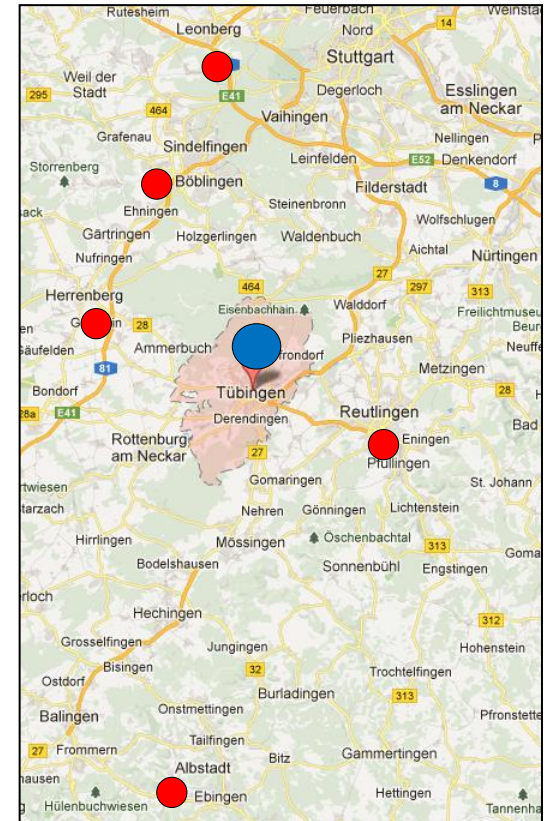
Counseling Center for Single Parents

Method example:
Life/Work-Planning



ABC –Counseling Center for Single Parents

- Alleinerziehenden-Beratungs-Center
- Locations in 5 cities close to Tübingen
- Groups of 14-20 single parents, mostly single mothers
- Duration of 6 months
- Aim: being able of working and taking care of the family
- Counseling, teaching, networking



team training
Schulung & Beratung

Some topics in the ABCs

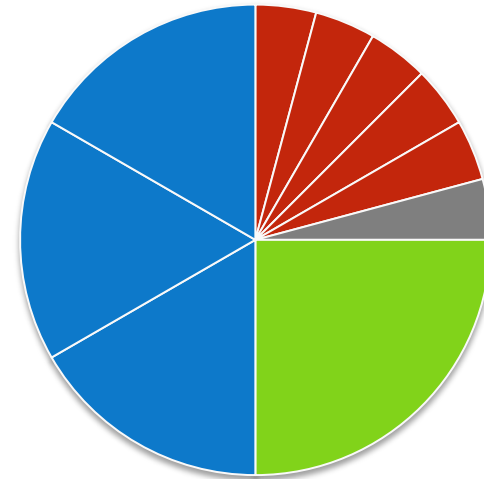
- child care
- curriculum
- job interview
- debts
- education
- net working
- maths/ literacy/ general knowledge
- projects, e.g. handicraft for easter



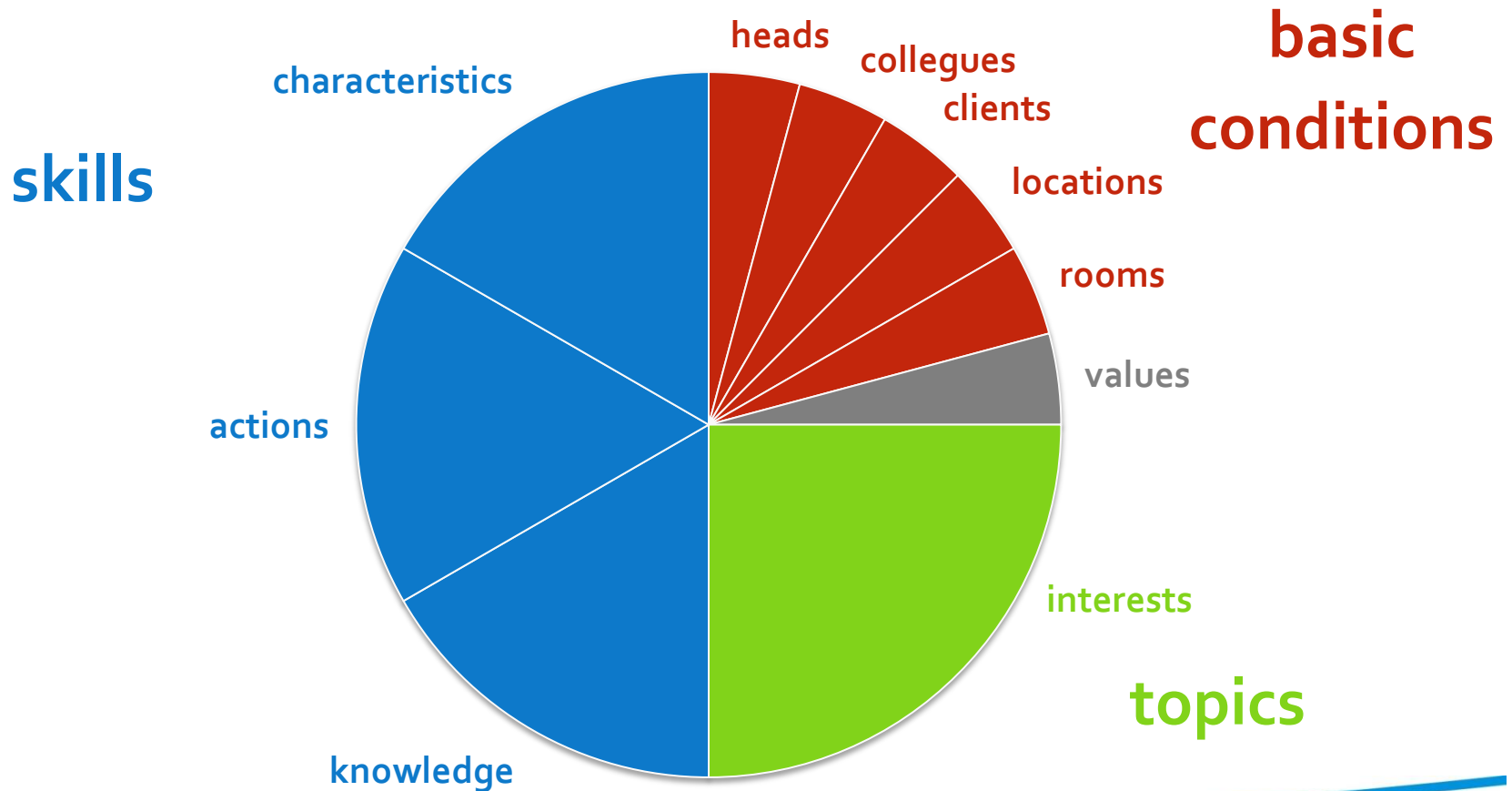
Life/Work-Planning (L/WP)

A method to find out

- what I really like to do,
- what kind of job title I can give it
- where I can find this kind of job.



L/WP 1: How to know what I really like to do



team training
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L/WP 1: List of 21

Write down an experience, that

- was fun to do
- was a challenge for you
- was successful.

Liste der 21

Listen Sie hier 21 Ereignisse auf, bei denen folgende Kriterien gelten:

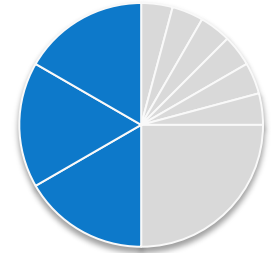
- Es war eine Herausforderung für Sie.
- Sie haben sich mit viel Spaß dafür eingesetzt, das Ziel zu erreichen.
- Sie waren erfolgreich in Ihrem Tun.

1.	12.
2.	13.
3.	14.
4.	15.
5.	16.
6.	17.
7.	18.
8.	19.
9.	20.
10.	21.
11.	



L/WP 1: Stories of success

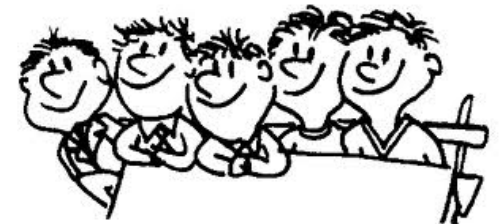
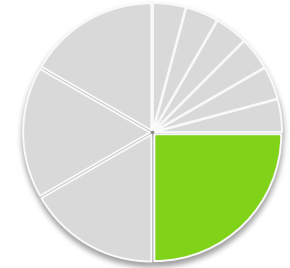
1. Tell a story out of the List of 21.
2. Tell exactly every step you did to achieve your goal.
3. Think of a child sitting next to you and asking: "And then? And then? And then?"
4. Find skills in this story.
5. Ask the other group members.
6. Repeat step 1-5 six times.



L/WP 1: Sheets of interest

Find as many keywords as you can for:

- things you like to see
- things you like to hear
- things you like to smell
- things you like to touch
- magazines you like to read
- stores you like to go in
- topics you would like to give as a book to a friend
- topics of fairs or events you would like to go to



L/WP 1: Basic conditions

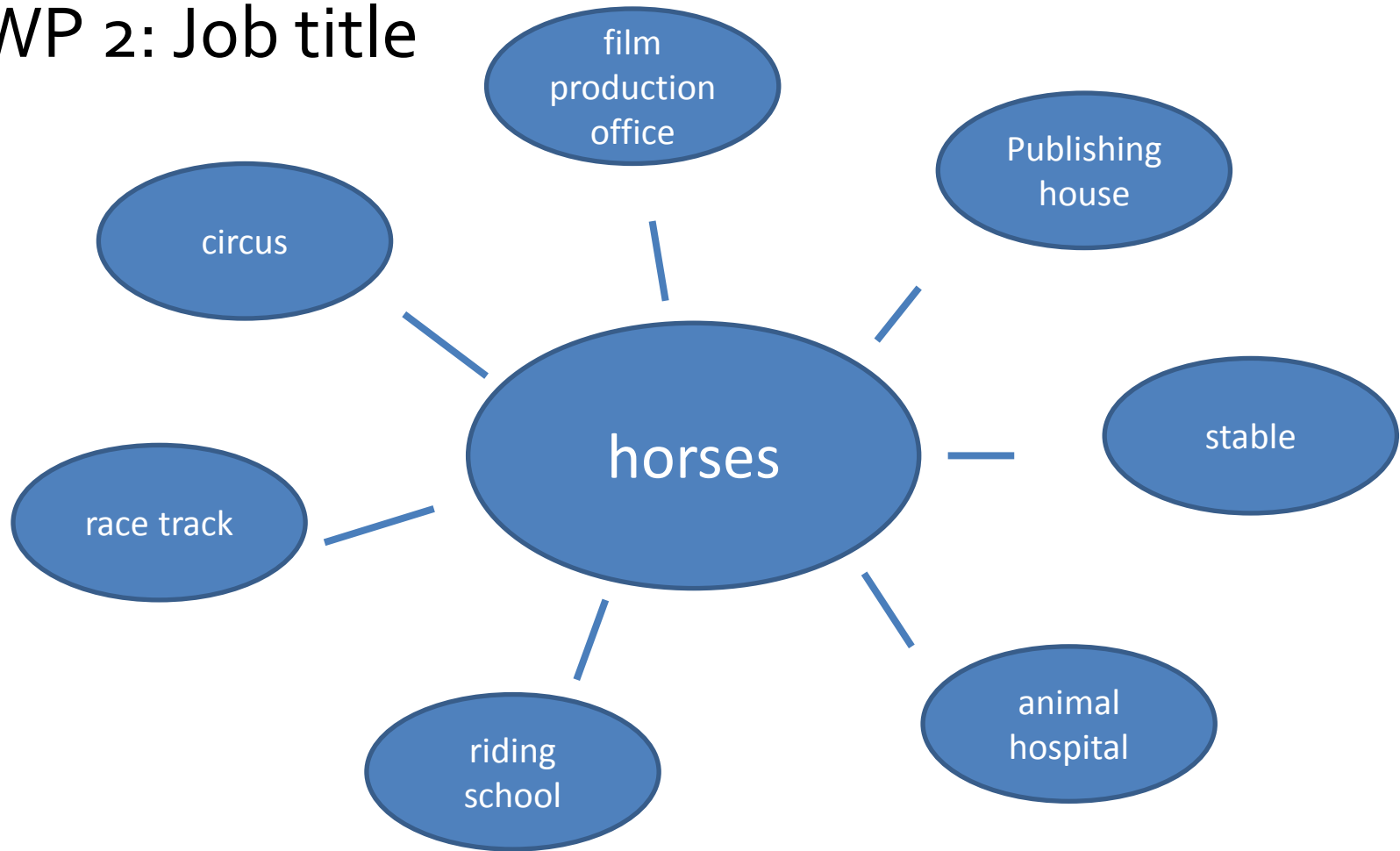


Write down what's lousy in

- heads (of business)
- colleagues
- clients
- locations
- rooms



L/WP 2: Job title



LWP 2: How to find your job



- ① Hello! → 5 people, 4 questions, 7 minutes
- ② How did you become a riding instructor?
- + What do you like in being a riding instructor?
- Is there something you don't like that much being a riding instructor?
- ~~~~~ Do you know three other riding instructors who would like to talk to me?



L/WP 3: How to get your job

