



# ERASMUS+

Project no. 2018-1-R001-KA204-049335



**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

**Open mind**



**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

## *Never have I ever*

Tick if they have done it, if they have not or if they have not but they would consider:

- If you have done it you will receive 1 point.
- if you have not but you would consider doing it, you will receive 0.5 points.
- At the end count how many points out of 15 you have.





# ERASMUS+

Project no. 2018-1-R001-KA204-049335



**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

Never have I ever ...	Yes	No	No but I would consider it
Set a new business			
Live abroad			
Learn a new language			
Change my profession			
Learn how to use smart devices			
Use social media to promote my abilities			
Follow a schedule			
Move my home for looking for a new job			
Occupy a position of responsibility			
Quite a low paid job			



# ERASMUS+

Project no. 2018-1-R001-KA204-049335



**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

Never have I ever	Yes	No	No but I would consider
Ask for a promotion at work			
Work somewhere I would have never expected			
Decorate my workplace			
Acquire a new ability in order to work better: (Good command of Excel, Word, PowerPoint, etc.)			
Work somewhere I have to travel weekly			



**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

## Journaling Activity

- How did you feel during the activity?
- How many points did you obtain?
- Do you think you will be able to try these new things you did not do?
- Do you think this activity has helped you break down your barriers?
- Do you consider this activity will help you to be more open-minded?





**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

## ***Think the opposite***

Think about one controversial topic you agree or disagree with. After it, defend the opposite perspective and write it down. Take for instance the following topics:

- There should not be a disability employment quota at companies that assures the visibility and guarantees disabled people a job.
- Creativity is more important than money.
- At certain age, people should not be hired anymore.





**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

## *Use 20 words*

Use 20 different words to describe your next goal or project. A great sense of creativity and imagination is required.

- Adjectives, nouns verbs and adverbs are permitted





**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

## **Do it the other way round**

Do something in a way you are not used. After it, answer several questions that can be found in the second worksheet. Take for instance:

- Writing with the other hand.
- Speaking backwards.
- Speaking using only one kind of vowel in every word.





**“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”**

## Journaling Activity

- Have you ever changed radically a habit you used to do?
- Do you consider yourself open to changes?
- What are some things that make people resistant to change?
- Do you feel comfortable with new habits?

