

Personal Leadership Workshop

WHO ARE YOU?²

Overview

This is a self-reflective workshop that asks youth to work in groups of 2 or 3 as they respond to questions with words, pictures, or both. The workshop provides a safe medium in which participants can address questions about their sense of self.

Purpose

To stimulate critical, self-reflective thought about the ideas and images that young people have of themselves and to foster healthier, more productive ideas of self

Time Required

1.5 hours

Materials

CD covers or construction paper, markers, pens, and crayons for each young person

² This workshop was created and piloted by Leadership Excellence, a YLDI partner organization (See Appendix 3, Contact Information).

Preparation

You can prepare CD covers ahead of time by using the template provided (see handout). To make a CD cover, simply copy the shape from the handout on a piece of paper, cut along the dotted lines, and then fold it in half along the solid line. There should be one CD cover for each participant. If you prefer, you can have participants draw on blank pieces of construction paper.

WHAT	TIME	HOW	MATERIALS
Step 1: Setup & Individual Artwork	30 min	Ask participants to respond to questions using written words, pictures, or both. Use a nonthreatening format, such as “Design your own CD cover,” to give participants a safe medium to answer questions such as: <ul style="list-style-type: none"> ★ Who are you? ★ Who do you pretend to be? ★ How do others perceive you to be? 	Blank CD covers OR construction paper Markers, pens, and crayons
Step 2: Small-Group Discussion	30 min	Once participants have responded to the questions, divide them into groups of 2 or 3. Ask them to meet in their small groups and explain what their creations represent.	
Step 3: Group Reflection	30 min	Ask the small groups to wrap up their discussions and reconvene as a large group. Use the following questions to guide participants in reflecting on the experience and bring closure to the activity: <ul style="list-style-type: none"> ★ How did you feel participating in the exercise? ★ Were you able to be honest? ★ Did any of the questions make you uncomfortable? ★ What questions were easy to answer? ★ What questions were difficult? ★ What did you learn about yourself by doing this exercise? ★ What did you learn about others? 	

“WHO ARE YOU?” HANDOUT

CD COVER TEMPLATE

FRONT COVER
Front page

FRONT COVER
Back page