

## CAT virtual – A brief overview

### Pre-CAT: Confirmation

If you want to participate, please write an email to the moderator. The moderator will confirm your participation in the virtual meetings (max. 8 participants). He\*she will send you all necessary information concerning the platform at which the training will happen as well as additional material for preparation. The duration of each session will take 1.5 to 2 hours.

### 1. Getting to know each other and clarifying the setting for the training

The first meeting is about getting to know each other and hearing about everybody's goals. Also, the timetable of the appointments will be reviewed. Furthermore, we agree on certain roles and ground rules.

### 2. Back to the roots – What connections do we find in our biography regarding the current situation?

The second meeting is focusing on everybody's biography related to the current situation. What other experiences of crisis are triggered? What coping resources did you already develop?

### 3. It's worth it – What are our complied and endangered values?

The third meeting is about values and how they are affected by current restrictions. Which values are complied, and which are endangered or violated?

### 4. What are our visions for the future?

The fourth meeting is about our visions for the post-crisis-future. Do we still have visions? Or do we have only dreams, ideals, hopes and expectations?

### 5. My leverage for change

The fifth meeting is about our involvement in the current situation. Where are adjusting screws? What is our power? How can we overcome paralysis?

### 6. My goals, my steps and stumbling blocks

During the sixth meeting we will reflect on the contribution we want to make, so that in the post-crisis period human rights and democracy remain as orientation.

### 7. Empowerment and support

The seventh meeting will focus on our doubts and resources regarding the implementation of our action steps. The group will also agree on a follow-up date.

### Follow-up

We advise the groups to stay in touch after completing the training in order to reflect on successes and obstacles in the realization of action steps and to use the group wisdom to generate new ideas to deal with problems. Furthermore, the groups can independently continue to cooperate and organize events, campaigns, etc.