

## My steps for change (approx. 1,5 hours)

### Guidelines

Aim for this module: to receive feed-back and have exchange concerning my ideas for change

- Connecting session: How do you feel right now? How did you feel about finding aims/goals/targets and describing the steps and obstacles to get there? Was it rather easy for you or rather difficult?
- Exchange session: Invite everybody to upload their paintings with steps and obstacles. As a moderator, you start to present your paper. After each presentation there is a small feedback session in which the other participants can (critically) ask, e.g. whether the goal has a clear time frame, whether it seems realistic, whether you sense rather pleasure or rather duty when listening, how the listener is doing in view of the stumbling blocks, etc. Use the different levels of perception, i.e. what can you see, what feelings are triggered by it and which associations, images, memories and fantasies come to your mind?
- Notes on the individual tasks: At the end, as the moderator, please give reference to the audio podcast on resources, the resource work in pairs for the implementation of their projects and the work assignment for concrete action planning. For resource work, clarify with the participants who would like to work as a pair or, if there is an odd number, as a group of three between this and the next CAT appointment. As a moderator, you will of course also be part!

Work assignment for pair work between the 6th and 7th appointment: Agree on a common date that should not last longer than 30 minutes. In that time, you will be in the roles of interviewer and interviewee for 10 minutes. As the person being interviewed, it is your job to name as many resources as possible in these 10 minutes that help you to use your "power", i.e. implement the change steps you want to take. Resources are all concrete supporters available to you, as well as feelings, images, body sensations, experiences, insights and competencies that you have, spirituality and belief, other levels of meaning, places that let you recharge, but also material resources. In short: everything that gives you strength! It is the job of the interviewer to listen lovingly (it is less about wanting to understand than about contact with the essence of what is being told), to stimulate the "flow of resources" through inquiries and to take note of which resources were named. After the 10 min. the interviewer briefly reads out the recorded resources. You can also briefly dive into how you felt during the resource interview. Then there is a role change - again for 10 minutes, as well as a short summary of the resources by the interviewer and a short exchange.

- For the third part of the tasks, you invite the participants to individually create their action plan based on their goal, steps and stumbling blocks and integrating the resources. For this you can use the following little structuring aid:

# CAT6

My goal:.... (please enter your goal here)

What exactly do I do for it? (Step)	With whom?	What / who do I need for it?	When?	By when?

- Final round: Name your next appointment again and start the final round: How do you feel, what are you still thinking about in relation to the goals, steps and stumbling blocks you shared today?