

## Action plan and encouragement (duration appr. 1.5 hrs)

### Guidelines

Aim of this unit: Become committed to our own action plan and be encouraged for its realisation

### Sequencing of session:

- Connecting round: How do you feel? How did you feel regarding your resources and how were you able to include this in your action plan? Or did you exclude it? Were you able to develop the details or, if not, what kept you from doing so?
- Round of encouragement and support: Where do I have doubts about my plan? Everybody choses one aspect of their plan she\*he has doubts about and describes it. The rest of the group is invited to offer their support, share ideas, articulate wishes or encouragement etc. As the facilitator, make sure impulses are kept short.
- Make appointments: How do we, as a group, stay connected or say good bye? When is our follow up meeting once we have realised our plans? The column "until when?" in the action plan can provide some orientation regarding the timing. Once some of your planned activities will have happened, they can be reflected upon during the follow up session. What questions do you still have?
- Closing round: With what feelings and thoughts are you leaving this final session of the CAT training? For giving thanks, we have come up with a special ritual. One person starts and tells each person of the group what you thank them for. Then the next person follows. It is about the little aspects of interacting. Also, we say "Thank you!" and we hope you want to continue this CAT programme with a new group.

**Individual task until the follow up meeting**: Realise your action plan!