



## Collaborative Economy without Barriers

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### **Creating a Portfolio**

- **Visualization of a short video related to a Self-determination session**
- **“Explanation on the idea of Portfolio Construction”**

The construction of the individual portfolio arose from the importance of understanding the identity of each client, so that they can determine their choices in the most assertive way and with a view to achieving their life goals.

What is intended is that the document contemplates the path, knowledge, skills, tastes, personal skills and experiences of each one, making an introspection and a deep analysis on these conceptions.

This activity takes place weekly, in sessions of approximately 60 minutes in a restricted group, selected and with common characteristics, sharing the duty of confidentiality between them. The sessions always start with a moment of relaxation (focused muscle or imagery trip), followed by exploration/reflection exercises, we end the session reflecting on the work produced.

## **Activity suggestion**

### **1st session**

1. Take individual photographs of each group member
2. Users choose the photo they liked the most
3. Print and place as cover in the portfolio
4. Then fill in the following document

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Hair Colour: \_\_\_\_\_ length: \_\_\_\_\_

hair characteristics: \_\_\_\_\_

Eyes colour: \_\_\_\_\_

eyes characteristics: \_\_\_\_\_

My skin is: \_\_\_\_\_

Height: \_\_\_\_\_ Wight: \_\_\_\_\_

Mouth: \_\_\_\_\_ Lips: \_\_\_\_\_

Face: \_\_\_\_\_

if I could what would I change in myself??

\_\_\_\_\_

## 2nd session - “Our Choices” activity

Presentation of images to users and request for choice and subsequent justification.

Explanation of the activity referring to the objective of internal understanding of each one, reflecting on the preferences that cause feelings of well-being and happiness.

The last image of the exercise promotes a deep dialogue of himself, and it will be from this point that we will, in a next session, identify the components to build the sphere of life (this sphere is composed of contexts where the individual is inserted from which he identifies the time and the satisfaction in each).

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