

TASK: TREE OF EXPECTATION



All participants



15 min

Preparation:

This exercise requires that trainer/s during their preparation have drawn 2 trees (each on one FC paper) – one for expectations, other for fears. While lead trainer gives the instructions, the second trainer puts 2 trees on a wall in the room visible to everyone and then distributes 2 postits in one color and 2 in another color to each participant.

Implementation:

Lead trainer invites the participants to be honest and think about up to 2 expectations and up to 2 fears on the postits given in different color (i.e. yellow postits are for expectations, pink postits are for fears) and use the expectations and fears trees to put these in front of the group.

Once they are done drafting maximum 2 fears and 2 expectations on the postits, these should be pinned up on the tree. Reflect on the tree postits together with the participants and try to discuss inadequate and/or unrealistic expectations and comforting tips for overcoming the fears.

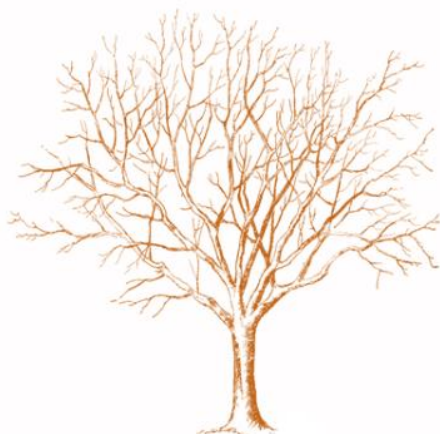
Tip1: You may opt for inviting participants to approach and take off their postits from both trees when they feel the expectation and/or fear has been realized during the training.

Tip2: Keep these in mind throughout the course. They will be revised at the end of the training module.



This task is about relaxing participants and getting to know their expectations and fears related to this training. This is an opportunity for trainers to point out also their expectations from participants.

2 FC papers with the following drawing:



Crape tape, postits in 2 different color
