

Teaching / training assignments: Life skills - Balance between parenting and career

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Leader: Association of Psychologists in Bulgaria

Participating organization: APB /Kocatürk Danismanlık Özel Egitim Hizmetleri Turizm ve Proje Hizmetleri Ticaret Sanayi Limited Sirketi

DATES: 29.03.2024 – 07.04.2024

Day 6

Topic1

Have a vision for what you want your working- parent life to be Workshop

Introduction

Workshop and training session for on having a vision for your working-parent life. This will empower participants to envision their ideal work-life balance and take actionable steps toward achieving it.

This workshop aims to guide participants in developing a personalized vision that aligns with their values, aspirations, and well-being.

Understanding the Importance of Vision

- Explore why having a vision matters for working parents.
- Discuss the impact of a well-defined vision on overall satisfaction and fulfillment.

Self-Reflection and Goal Setting Reflect on Priorities:

- What matters most to you? Family, career, personal growth?
- Identify core values and non-negotiables.

Envision Your Ideal Life:

- Imagine a typical day in your ideal working-parent life.
- Consider aspects such as work hours, family time, self-care, and personal growth.

Set SMART Goals:

- Specific: Define clear objectives related to your vision.
- Measurable: Identify tangible milestones.
- Achievable: Ensure your goals are realistic.
- Relevant: Align goals with your vision.
- Time-bound: Set deadlines for achieving each goal.

Long-Term Planning Think Beyond Today:

- Consider the next 5, 10, or 20 years.
- How do you see your work-life evolving?

Planning:

- Explore financial goals related to education, retirement, and family well-being.
- Understand the importance of financial stability in achieving your vision.

Creating Your Vision Statement

Craft a concise and inspiring vision statement:

- Describe your desired work-life balance.
- Include elements related to career growth, family time, health, and personal fulfillment.

Overcoming Challenges

Anticipate Obstacles:

- What challenges might arise in pursuing your vision?
- Brainstorm strategies to overcome them.

Flexibility and Adaptability:

- Understand that life is dynamic.
- Be open to adjusting your vision as circumstances change.

Action Planning

Break down your vision into actionable steps:

- Short-term: What can you do today or this week?
- Medium-term: What steps will lead you closer to your vision?
- Long-term: How will you sustain progress over time?

Accountability and Support

Share Your Vision:

- Discuss your vision with a trusted friend, partner, or mentor.
- Seek encouragement and feedback.

Regular Check-Ins:

- Schedule periodic reviews of your progress.
- Adjust goals as needed.

Topic 2

Think long term-training and the theory in practice

Concept of thinking long term and how it relates to training and practical application. We'll also delve into relevant theories that can enhance your understanding and guide your professional development.

Introduction

Thinking long term is a strategic mindset that extends beyond immediate goals and focuses on sustainable success over time. In the context of training and professional development, adopting a long-term perspective can significantly impact your career growth and effectiveness. Let's explore how to cultivate this mindset and apply it effectively.

Why Think Long Term?

Strategic Vision:

- Long-term thinking enables you to set ambitious goals and create a roadmap for achieving them.
- It aligns your actions with a broader vision, ensuring consistency and purpose.

Adaptability:

- By considering the future, you prepare for changes and uncertainties.
- You become more resilient and open to adjusting your strategies as needed.

Sustainable Impact:

- Short-term gains may be satisfying, but lasting impact requires sustained effort.
- Long-term thinking allows you to create meaningful, enduring results.

Training Theories and Their Application

Goal-Setting Theory Concept:

- Developed by Edwin Locke, this theory emphasizes the impact of specific, challenging goals on performance.
- Individuals work harder and achieve more when motivated by ambitious, time-bound objectives.

Application:

- Set SMART goals (Specific, Measurable, Aggressive, Realistic, Time-bound).
- Break down larger goals into smaller, manageable steps. - Regularly review progress and adjust as needed.

Behavioral Learning Theory Concept:

- Learners respond to environmental stimuli and form associations between actions and outcomes. -
- Positive reinforcement strengthens desired behaviors.

Application:

- Design training programs that reward desired behaviors.
- Recognize and celebrate achievements to reinforce positive associations.
- Create an environment that encourages continuous learning.

Cognitive Learning Theory Concept:

- Focuses on mental processes such as memory, problem-solving, and critical thinking.
- Learners actively process information and construct knowledge.

Application:

- Encourage active participation in training sessions.
 - Use case studies, simulations, and discussions to engage cognitive processes.
- Foster a growth mindset by emphasizing learning from mistakes.

Social Learning Theory Concept:

- Learning occurs through observation, imitation, and social interactions.
- Role models and peers influence behavior.

Application:

- Promote collaborative learning.
- Encourage mentoring and peer-to-peer knowledge sharing.
- Provide opportunities for learners to observe and model desired skills.

Trainings games for a course on Think long term and how to apply relevant theories in practice.

These ideas will help participants develop a strategic mindset and enhance their effectiveness over time.

Objective: Encourage participants to create visual representations of their long-term goals and aspirations.

Activities:

- Have participants collect images, quotes, and symbols that represent their desired future.
- Arrange these elements on a vision board.
- Discuss the importance of visualizing long-term goals and how it impacts motivation and decision-making.

SMART Goal-Setting Training

Objective: Teach participants how to set Specific, Measurable, Aggressive, Realistic, and Time-bound (SMART) goals.

Activities:

- Provide examples of SMART goals related to career, personal development, and family life.
- Have participants practice setting their own SMART goals.
- Discuss strategies for tracking progress and adjusting goals over time.

Scenario-Based Decision Making

Objective: Develop participants' ability to make decisions with long-term consequences.

Activities:

- Present real-world scenarios related to work, finances, and personal life.
- Have participants analyze the short-term vs. long-term impact of different choices.
- Discuss trade-offs and strategies for prioritizing long-term benefits.

Behavioral Economics Simulation

Objective: Explore how cognitive biases influence decision-making.

Activities:

- Use behavioral economics games or simulations.
- Discuss concepts like present bias, loss aversion, and hyperbolic discounting.
- Help participants recognize these biases and make more informed long-term choices.

Case Studies on Successful Long-Term Thinkers

Objective: Learn from real-life examples of individuals who achieved long-term success.

Activities:

- Study case examples of entrepreneurs, leaders, and visionaries.
- Analyze their strategies, resilience, and ability to adapt.
- Extract lessons applicable to participants' own journeys.

Futures Thinking Workshop

Objective: Introduce participants to foresight and scenario planning.

Activities:

- Explore trends, disruptions, and emerging technologies.
- Create scenarios for different long-term futures.
- Discuss implications for personal and professional decision-making.

Mindfulness and Patience Training

Objective Cultivate patience and present-moment awareness.

Activities:

- Practice mindfulness meditation.
- Discuss how being present contributes to long-term thinking.
- Explore techniques for managing impatience and impulsivity.

Guest Speakers

Objective: Invite experts who exemplify long-term thinking.

Activities:

- Host guest speakers from diverse fields (e.g., finance, sustainability, education).
- Allow participants to ask questions and learn from their experiences.
- Highlight the importance of continuous learning and adaptation.

Legacy Building Exercise

Objective: Encourage participants to reflect on their legacy.

Activities:

- Have participants write a letter to their future selves.
- Reflect on what impact they want to leave behind.
- Discuss how daily choices contribute to long-term legacy.

Personal Development Plans

Objective: Help participants create personalized roadmaps for growth.

Activities:

- Guide participants in developing long-term personal development plans.
- Include areas such as skills, relationships, health, and financial stability.
- Emphasize the importance of consistency and adaptability.