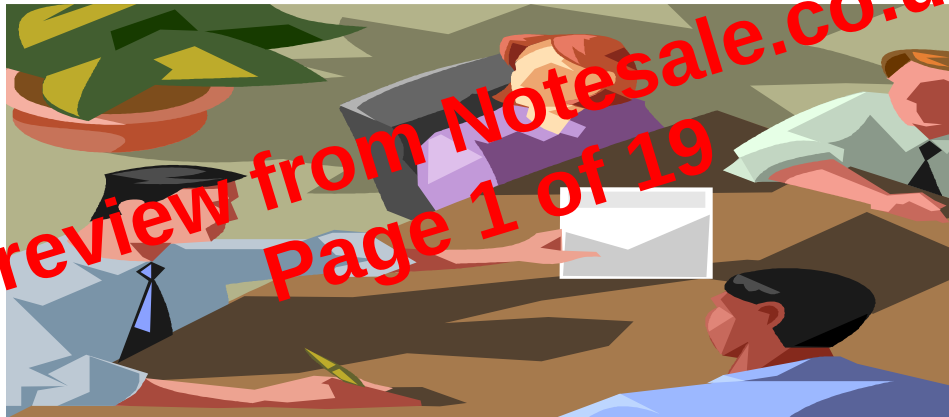




EMPLOYABILITY AND ENHANCEMENT PROGRAMME (EEP)

PERSONAL DEVELOPMENT AND CHARACTER BUILDING (EEP 1032)



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ACTIVITY FOUR

MY INNER STRENGTH

Objective:

1. To identify their own strengths and weaknesses.
2. To intensify their inner strengths and improve their weaknesses
3. To build leadership skills through group learning and coaching.

Duration:

120 minutes (1st meeting)
120 minutes (2nd meeting)

Materials:

Refer to Appendix 5

How to conduct:

1. Ask the group members to list down their **strengths** and **weaknesses** on the form provided in 10 minutes.
2. After each group member has filled up the form, each group member shares with everyone only three of his/her strengths as well as weaknesses, and gives reasons why he/she identified them as such.
3. Then, ask the group members about the good or bad aspects of his/ her strengths and weaknesses and open the session for discussion.

The focus of the discussion:

1. What are their strengths and weaknesses?
2. What is good about having (good-strong characteristics)?
3. What is bad about having (bad-weak characteristics)?
4. What did you feel when you were listing down your strengths and weaknesses?
5. What did you learn from this experience?
6. What do you want to see change or improve in the future?

Rationale:

One may learn about a person's personality by looking at his or her strengths and weaknesses. By listing down our strengths and weaknesses, we may become more aware of our self- worth and feel encouraged to improve ourselves.

Skills: Self-exploration, self-identification, leadership skills, life-long learning and information management.

Values:

Self-acceptance, Self-improvement

Philosophy: The wisest one is not the one who has the fewest weaknesses but the one who turns failure to success.

APPENDIX 8

MY GOAL

No.	MY PERSONAL NEEDS FOR ACHIEVEMENTS	VERY IMPORTANT (X)	IMPORTANT (X)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

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