

## Job Coaching and Mentoring for People with Disabilities

<i>A successful experience - Method</i>	
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Starting the exploration of the PWD's competences</li> <li>Starting to define the PWD's knowledge/know-how/identity</li> <li>Increasing the PWD's self-confidence</li> <li>Suggesting an approach</li> </ul>
<b>METHODOLOGY AND PROCEDURES</b>	Explain the exercise, give time to collect ideas and write them down
<b>HINTS AND TIPS</b>	Give some examples to simplify the identification of successful experiences not only on a professional level, but also on an emotional and relational level

### A SUCCESSFUL EXPERIENCE

*Following this scheme, try to describe an event that was particularly meaningful to you, because you managed to successfully overcome some difficulties:*

- THE EXPERIENCE:** *title and description*
- MAIN CHARACTERS AND THEIR ROLES:** *who was there?*
- THE SITUATION:** *what kind of situation have you found yourself in?*
- PROBLEMS:** *which difficulties did you encounter in that situation?*
- SOLUTION:** *How did you manage to overcome the difficulties?*

*Try now to answer these questions:*

- What notions did you use? (**KNOWLEDGE**)
- What actions did you take? (**KNOW-HOW**)
- How did you behave? (**KNOWING HOW TO BE**)