



## Training course for youth workers

### ***‘Social mentoring as innovative training pathway to lifestyle self-employment’***

#### Module II.

Facilitating the social mentoring process on LSE by using the set of open educational resources (OERs) on Life-Style Entrepreneurship

#### Exercise 5.

#### Is a lifestyle entrepreneurship for everyone?

##### **The aim of the exercise:**

To understand if lifestyle entrepreneurship is for everyone and discuss personal attitudes towards lifestyle entrepreneurship.

##### **The tasks of the exercise:**

This exercise will help lifestyle entrepreneurs evaluate their motivation and readiness to start own business. It involves a self-assessment, reflection and values of participants.

In order to complete this exercise, you will need to organise work individually and in groups. Give for every participant list of questions and give some time (10 -15 minutes) to work alone. Over a period of time form groups of 4 – 5 members to share their reflections. Give 10 minutes for discussions and ask each group to present their findings. Afterwards summarise and give feedback for participants. Below is a suggested list of questions:

- What are the first three words that pop up in my head when I think of my life and job?
- Do I want to achieve a better work/life balance?
- Is it important to me to build something lasting, help others, or pursue a career that allows to use my specific skills or talents?
- What am I good at?
- What is the "perfect" place to work from? Do I like working from home?
- Which are my most productive working hours? From when till when?
- Where do I see myself in 5 years?

##### **The learning outcomes:**

Learners will be able to understand if they are motivated to start own business.

**The total duration:** 40 minutes.