

TRAINING PLAN – UNIT 4 Title: Guided Team Meditation

Partner name: Collage Arts

Country:

Training activity description	EQF level	Learning Outcome	Learning hours	For Reference: Learning materials
<p>Module: Talent Development and Mentoring for Creative Industries: mentoring in the Creative and Cultural Sector.</p> <p>The aim of this module is to equip mentors to understand the principles and purpose of their role through their own reflective practice, to identify their own professional strengths and professional development needs and to give useful and constructive feedback to others.</p> <p>We aimed to locate personal motivations and link them to professional practices, including setting up work experience placements. This involved:</p> <ul style="list-style-type: none"> - Guided team meditation - Using imagery to find personal and professional motivations 	L4/L5	LO2 LO6	6 hours (directed) 6 hours (self directed)	<p>Learning Materials</p> <ol style="list-style-type: none"> 1. Diagnostic skills check tool A tool which contains templates used to support mentor in producing a personal talent development plan with participant. (diagnostic_skill_check_tool_final.pdf) 2. Interview between Mentor and Mentee taking part in programme. https://youtu.be/oDUxSe38Jug Mentee shares his experience of the peer to peer sessions and learning and skills achieved. 3. Rinova TME Evaluation (RINOVA_TME_evaluation_questions.pdf) <p>For reference</p> <ol style="list-style-type: none"> 4. Opportunity Knocks Career Day (Opportunity_knocks_careers_event_flyer.pdf) Example of work experience opportunities on the Talent Match London programme

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<ul style="list-style-type: none"> - Sharing and noting thoughts on experience -Applying new self-knowledge to a Practice Journal and devising a Personal Aim of the Day <p>Tips for Trainer Encourage and support participant to complete practice journal.</p>				
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