



idevelop **HAND BOOK**



Motivation Boost

by

María Isabel Hernández Díaz



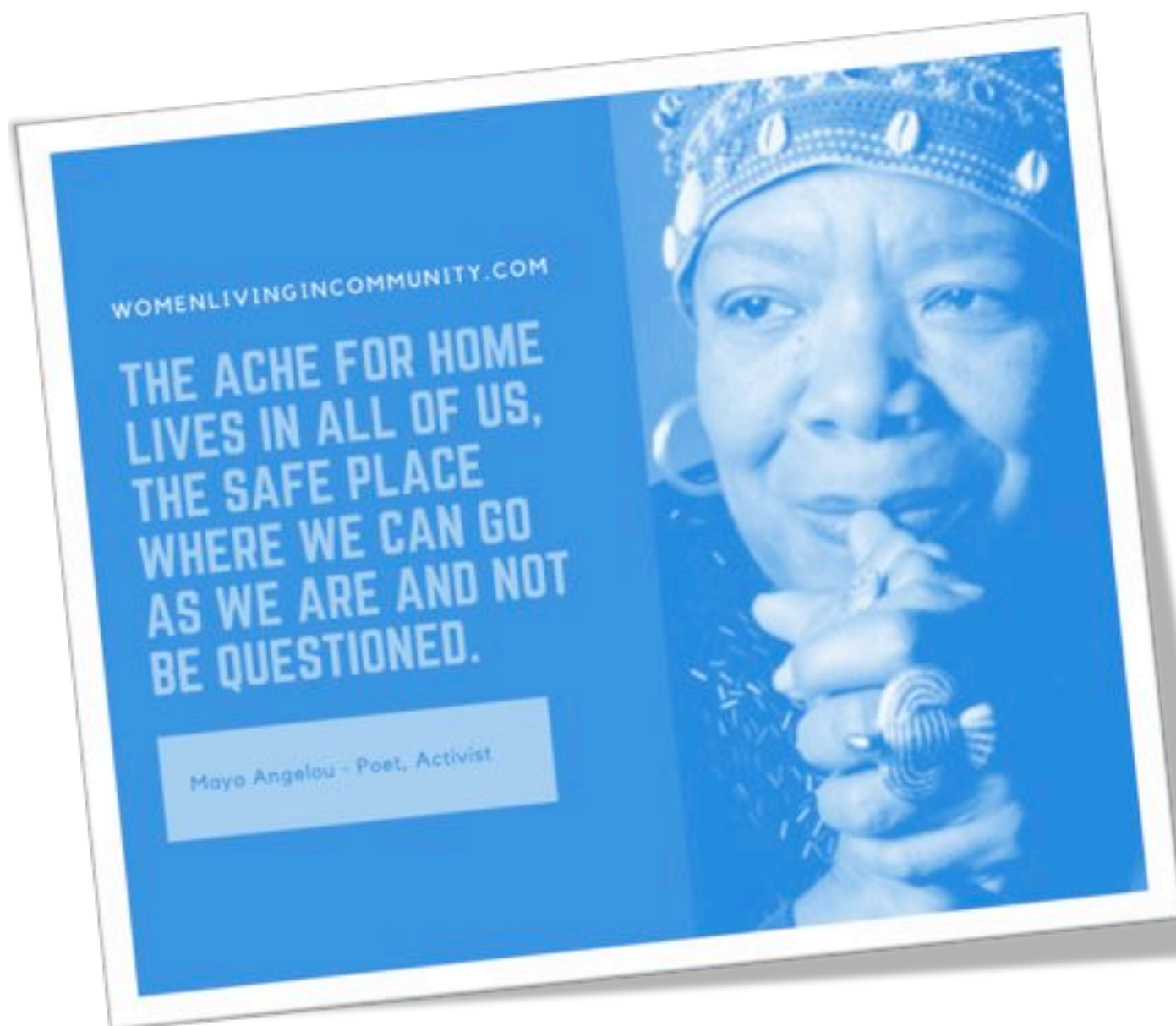
DEVELOP YOUR SKILLS



idevelop



STRAIGHT FROM THE HEART: BUILDING BRIDGES



Erasmus+

idevelop



HERE, NOW: MINDFULNESS

- * Close your eyes and follow the teacher's instructions.
- * After opening your eyes, write in silence whatever you consider important about this experience.

Be.
Here.
Now.



OPEN UP! KNOW YOURSELF AND THE OTHERS

- * Draw your current situation at work, how you feel about it and live the day by day.
- * Tell your colleague. Then listen to them without making any comments.



Erasmus+

idevelop



-
- Three square sticky notes are arranged horizontally on a white background. The leftmost note is green and has two red cherries with green stems attached to its top-left corner. The middle note is red and has a pink ice cream cone with a yellow wafer cone attached to its top-left corner. The rightmost note is yellow and has a yellow banana with a green stem attached to its top-left corner.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



CONNECT FROM THE HEART: ENNEAGRAM

The Individualist ★ The Challenger ★ The Enthusiastic ★ The Perfectionist ★ The Peacemaker ★ The Helper ★ The Achiever ★ The investigator ★ The Loyalist

Type 1. The _____. They want to do the right thing and change reality for the better. They are perfectionists, disciplined and orderly, and sometimes their desire for perfection can make them strict and intolerant. An example is Margaret Thatcher in reality and Marge Simpsons in fiction.

Type 2. The _____. They want to be loved, needed, and appreciated. They are generous and sometimes patronizing. An example is Diana of Wales in reality and Tinker Bell from Peter Pan in fiction.

Type 3. The _____. They are competitive, vain, and success-oriented. Image is of great importance to them. An example is Cristiano Ronaldo in reality or Jerry Maguire from the movie of the same name.

Type 4. The _____. They are individualistic, sensitive and creative. They continually analyze their emotional state. An example is Salvador Dalí in reality and Eduardo Scissorhands in fiction.

Type 5. The _____. Introverts and misanthropes, they are oriented towards knowledge and the rational. An example is Stephen Hawking in reality and Doctor House in fiction.

Type 6. The _____. Good and faithful friends, but also insecure, neurotic, indecisive and nervous. An example is Woody Allen in reality and Sagacious Sam from The Lord of the Rings in fiction.

Type 7 _____. The Hedonists by nature, they think about enjoying themselves and having fun. They live in the present and sometimes run away from responsibilities. An example is Mick Jagger in reality and Homer Simpson in fiction.

Type 8 _____. The Rebellious and authoritarian, they don't follow the rules. They follow their own rules. They are born leaders, eager for power. An example is Donald Trump in reality and Darth Vader in fiction.

Type 9 _____. The. They flee from conflict and sometimes become lazy. They are calm, collected and calm and are good mediators. An example is Nelson Mandela in reality and Snow White in fiction.





MATCH EACH ENNEAGRAM TYPE WITH THE RIGHT CHARACTER OR PERSON

The matching game interface includes the following elements:

- Enneagram Labels (Center):**
 - Eneatipo 5. El investigador (Orange dot)
 - Eneatipo 7. El entusiasta (Orange dot)
 - Eneatipo 6. El leal (Orange dot)
 - Eneatipo 1. El reformador (Orange dot)
 - Eneatipo 3. El triunfador (Orange dot)
 - Eneatipo 4. El romántico (Orange dot)
 - Eneatipo 8. El desafiador (Orange dot)
 - Eneatipo 2. El ayudador (Orange dot)
 - Eneatipo 9. El pacificador (Orange dot)
- Character Images (Surrounding):**
 - Top Left: A Buddhist monk (Dalai Lama) with a blue dot.
 - Top Middle: A woman in a blue uniform and hat (Queen Elizabeth II) with a blue dot.
 - Top Right: A man in a white headscarf (Shirley Williams) with a blue dot.
 - Middle Right: A woman with flowers in her hair (Frida Kahlo) with a blue dot.
 - Middle Left: A woman in a blue dress (Audrey Hepburn) with a blue dot.
 - Middle Center: A yellow cartoon character (Simpson) with a blue dot.
 - Middle Right: A man in a suit and sunglasses (James Bond) with a blue dot.
 - Bottom Left: A man in a green suit (James Bond) with a blue dot.
 - Bottom Right: A man with wild hair sticking his tongue out (Albert Einstein) with a blue dot.
- Bottom Right:** A blue circular button with a white checkmark icon.



Erasmus+

idevelop



COMMUNICATE EFFICIENTLY: NVC

Language of benefit of NON-VIOLENT COMMUNICATION:

When _____ [observation],
I feel _____ [emotion] because
I need some _____ [universal needs].
Would you be able to _____ [request]?

EXPRESSION

NON- VIOLENT COMMUNICATION

I had a great evening and dinner at a restaurant with friends, but my chicken was undercooked and that *spoiled the whole* evening.

I feel such an idiot (it must be true).

I didn't finish writing that paper so it was a *complete* waste of time.

I'll *never* speak clear with the parent of this kid, he is so arrogant.

If only I was younger, I would have got the job.

I forgot to send that email, which means my boss won't trust me again, I won't get that raise and my wife will leave me.

They should have been more considerate with my feelings, they should have known that such thing would upset me.



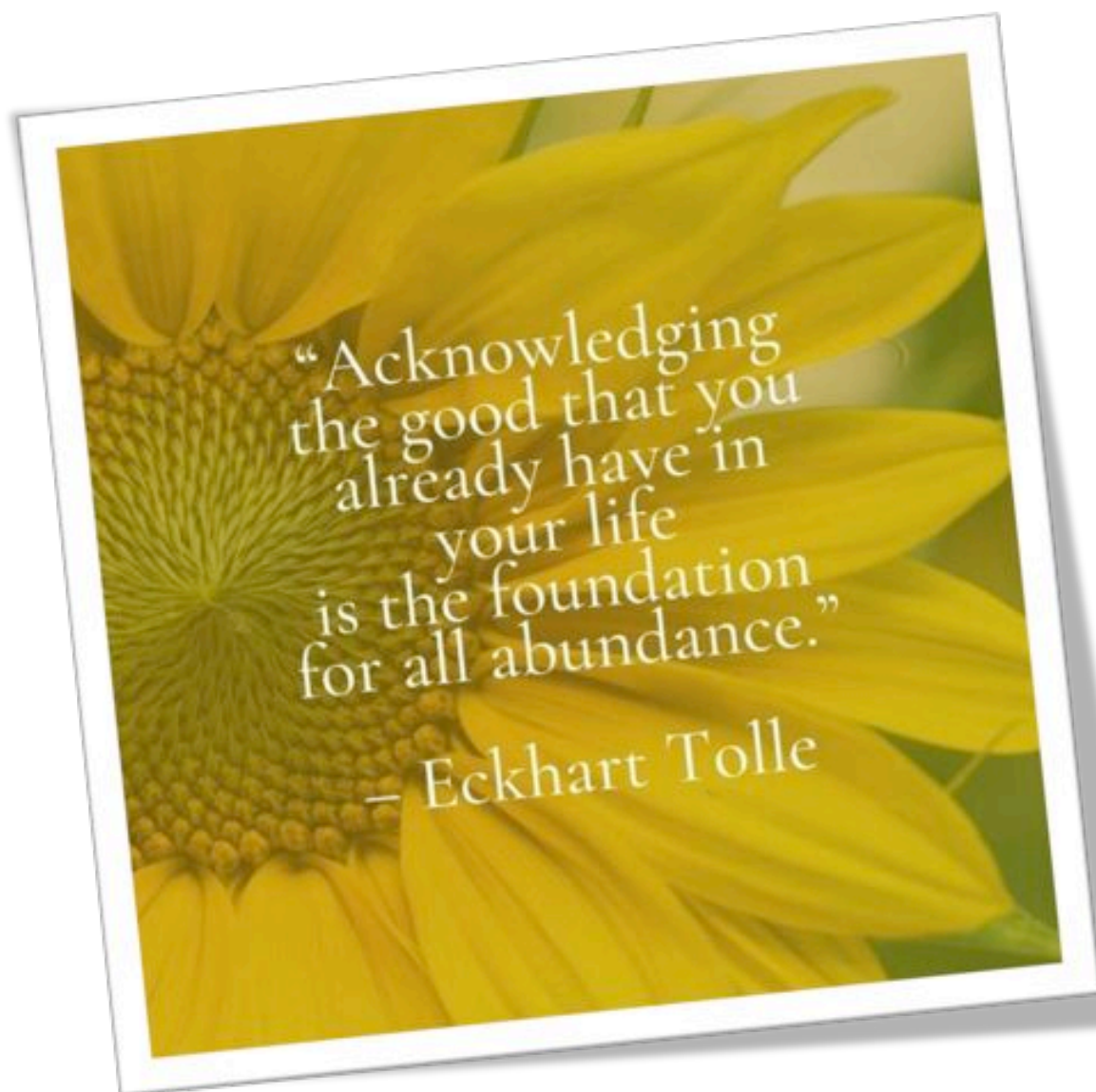
GRATITUDE CAN MAKE YOU HAPPIER

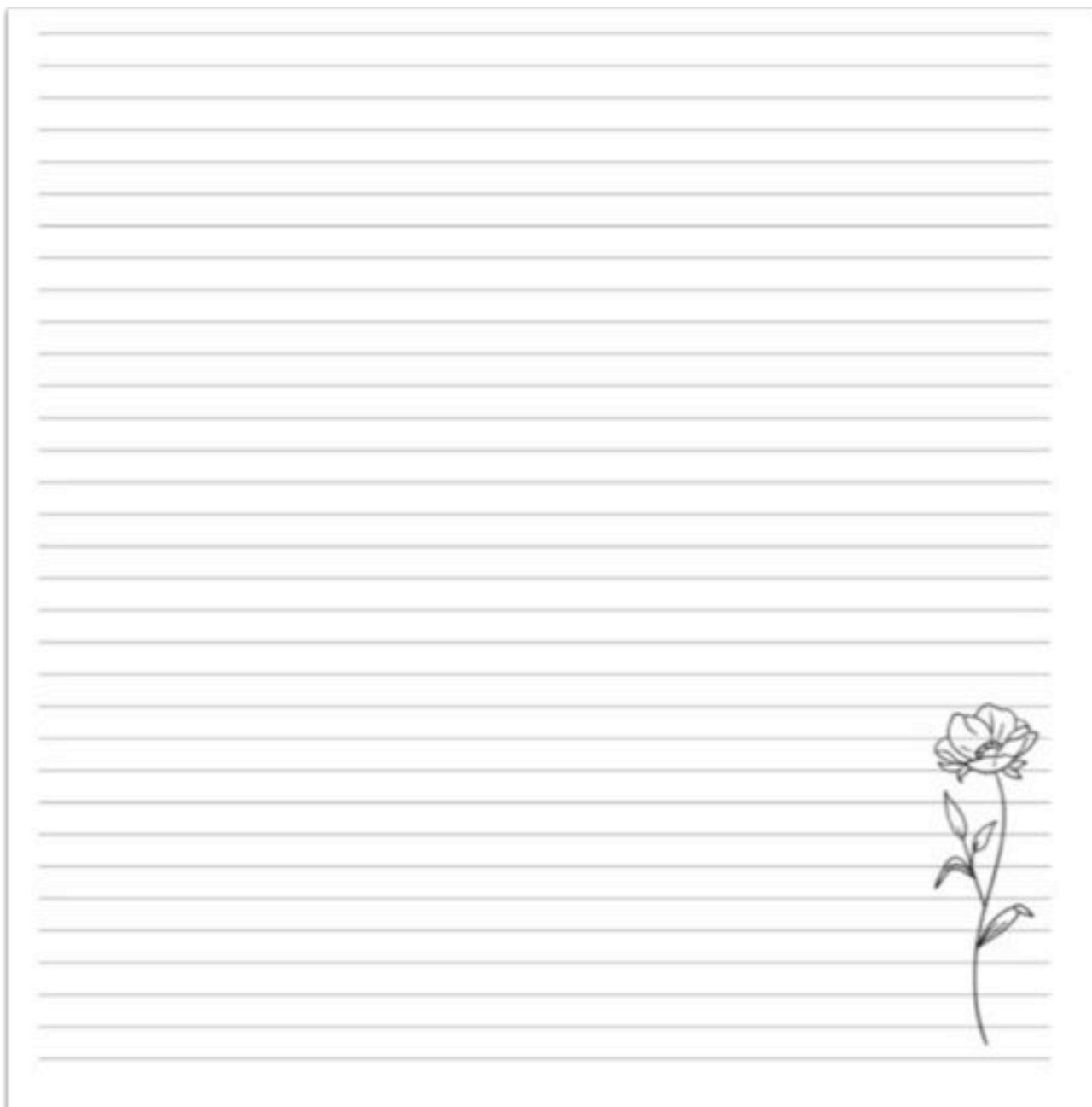
FIVE THINGS I AM GRATEFUL FOR

This tool can be done anywhere anytime! Create a habit where you do it regularly, i.e. just after waking up, before you go to sleep, on the tube or whenever you're having a challenging day!

Think of just 5 things to be genuinely thankful or grateful for and write them on the hand below.









**DEVELOP
YOUR SKILLS**