



ID CODE	IT 01 - RFVG
NAME	<ul style="list-style-type: none">• ITA “DA BRUCO A FARFALLA” - Tecniche e strumenti per accrescere l'autostima e l'autoefficacia.• ENG "From caterpillar to butterfly - techniques and tools to increase self-esteem and effectiveness"
URL	http://www.regione.fvg.it/rafv/cms/RAFVG/istruzione-ricerca/studiare/FOGLIA229/
LANGUAGE/S	ITALIAN
PROMOTER (institution, association, etc.)	Regione Friuli Venezia Giulia – public institution
AUTHOR/S (if different)	Marzia Dall'Acqua belonging to a temporary association of training institutions
DESCRIPTION & AIMS	<p>The project aims at encouraging participants' self-knowledge, i.e. stimulating a process of self-assessment of one's abilities and resources and, by becoming aware of them, developing self-esteem.</p> <p>Directly related to self-esteem is self-efficacy: in a period of transition to a new personal and professional identity, when people are exposed to a multitude of challenges and opportunities, a key role is played by the way people exercise their personal efficacy. Feeling capable of producing certain results through one's own actions is a fundamental resource as well as a protective factor against the risk of personal involvement in antisocial behaviour.</p>
SKILLS INVOLVED	Personal, social and learning to learn competence Self-esteem and self-efficacy
EVALUATION AND MONITORING (of the activity/project/initiative/course) (if any)	<ul style="list-style-type: none">- User self-assessment questionnaire at the end of the workshop- Questionnaire evaluation learning teacher, for each user- Periodic monitoring of activities
DURATION OF THE PROJECT	Until 12.31.2021
TARGET OF POPULATION	Young people aged 18+ and adults, unemployed and employed
INDIVIDUAL / GROUP ACTIVITY	Group : minimum 8 and maximum 25 participants per group



PARTICIPATION REQUIREMENTS	<ul style="list-style-type: none">- employed and unemployed- residing in FVG
DURATION OF THE COURSE	12 hours
CONTACT	The contact person is the coordinator of Struttura Stabile orientamento informativo e specialistico e per lo sviluppo delle competenze dott.ssa Giulia Fiorillo, tel 0434529080 giula.fiorillo@regione.fvg.it
WHY IS IT A GOOD PRACTICE?	At the end of the training course participants are expected to be able to: <ul style="list-style-type: none">- evaluate the information contained in the concept of self in relation to the different dimensions: social, work, family, relating to one's body;- realistically recognize one's own shortcomings and defects- be aware of your strengths- have a proactive attitude towards actions to improve one's areas of weakness- recognize their needs- find strategies to face obstacles and difficulties
RELATED REFERENCES	Workshop list http://www.regione.fvg.it/rafvfg/export/sites/default/RAFVG/istruzione-ricerca/studiare/FOGLIA229/allegati/1_Catalogo_LABORATORI_COMPETENZE_PS75-17.pdf