

ID CODE (SAME AS THE BP)	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
MODEL OF REFERENCE INTERVENTION	<p>Modello formativo per l’occupabilità (Training model for employability) - Anna Grimaldi 2016</p> <p>Macroarea A1. Self-reflection. "It includes cognitive, affective and biological elements and refers to the ability to reflect/self-reflect, the ability to evaluate/self-evaluate and the ability to promote one's personal reality".</p>
MODEL OF REFERENCE FOR DEFINING COMPETENCES	<p>Definition of competences according to the chosen model</p> <ul style="list-style-type: none"> ○ A1: Self-reflection <ul style="list-style-type: none"> ▪ getting to know oneself and one's abilities; ▪ identifying one's strengths and dealing with critical points; ▪ self-esteem and self-efficacy; ▪ recognise and manage one's emotions; ▪ being proactive in one's choices;
INSTRUMENT USED IN THE INTERVENTION MODEL (IF ANY)	<p>AVO - AUTO VALUTAZIONE OCCUPABILITA’ (AUTO ASSESSMENT OF EMPLOYABILITY)</p> <p>Tool by ISFOL(Istituto per lo Sviluppo Professionale dei Lavoratori), Dall’AutoValutazione dell’Occupabilità al progetto professionale - La pratica di ISFOL di orientamento specialistico, Grimaldi A. (a cura di), Roma, Isfol, 2016 (Isfol Research Paper, 30)</p>
PROTOCOL OF INTERVENTION	<ul style="list-style-type: none"> - Phase 1: reception at Centro di Orientamento (COR) - Phase 2: AVO administration, evaluation of results and enrolment in the identified workshop at Centro di Orientamento - Phase 3: workshop at the Training Centre - Phase 4: self-assessment by the user and assessment by the teacher of competence learning at the Training Centre - Phase 5: interview with COR to evaluate experience and whether to do other activities at Centro di Orientamento
TYPE OF ACTIVITY IN THE PROTOCOL OF INTERVENTION	<ul style="list-style-type: none"> ○ Phase 1: information interview ○ Phase 2: counselling ○ Phase 3: Experiential training activities ○ Phase 5: counselling
INDICATE IF THE PROJECT PROVIDES A NETWORK OF SUBJECTS FOR THE REALIZATION OF THE INTERVENTION (both recruitment and delivery activity)	<p>For the identification phase of potential beneficiaries and fase 1,2-5: Centri di Orientamento (COR), Employment Centres, Multidisciplinary teams</p>



	For the start-up and implementation phase BP, fase 3 and 4: training institutions
METHODS OF PROVISION	<ul style="list-style-type: none">○ Catalogue-based○ With predefined calendar
COVERAGE OF COSTS	FSE
COST OF REALIZATION	€ 1668,00 for each workshop
CALENDAR (if there is one, please indicate the dates or where to find them)	Please call the COR for workshop dates http://www.regione.fvg.it/rafv/cms/RAFBG/istruzione-ricerca/studiare/FOGLIA6/
WHAT TO DO TO PARTICIPATE	To find out about upcoming workshops and to sign up, contact COR http://www.regione.fvg.it/rafv/cms/RAFBG/istruzione-ricerca/studiare/FOGLIA6/
FEE/FREE FOR PARTICIPANTS	Free
REIMBURSEMENT OF EXPENSES	Reimbursement of public transport costs to reach the workshop venue
LESSONS LEARNT REGARDING VALIDATION/CERTIFICATION OF SOFT SKILLS	