



## Learning to Learn Project (L2L)

<b>ID CODE</b>	FR01
<b>NAME</b>	○ Miroir en soi
<b>URL</b>	<a href="https://www.unccas.org/ateliers-pour-reprendre-confiance-en-soi-et-retrouver-un-sentiment-d-utilite-sociale#.YXrBRp7P02w">https://www.unccas.org/ateliers-pour-reprendre-confiance-en-soi-et-retrouver-un-sentiment-d-utilite-sociale#.YXrBRp7P02w</a>
<b>LANGUAGE/S</b>	FRENCH
<b>PROMOTER</b>	City of Dijon (CUCS) and Carsat
<b>AUTHOR/S (if different)</b>	N/A
<b>AIMS</b>	<p>The Fontaine d'Ouche neighborhood is classified as a priority zone due to a large concentration of people in precarious situations.</p> <p>The social center of the district, managed by the Centre Communal d'Action Sociale (CCAS) of Dijon, has developed a watch, support and animation system for this public.</p> <p>The "Miroir de soi" workshop offers weekly group meetings with the objective of breaking out isolation, increasing soft personal skills, forging links with other participants and taking part in common projects.</p>
<b>SKILLS INVOLVED</b>	All skills acquired by individuals in non-formal or professional contexts
<b>MODEL OF REFERENCE INTERVENTION</b>	4 months workshops to regain self-confidence and a sense of social usefulness for socially excluded adults.
<b>MODEL OF REFERENCE FOR DEFINING COMPETENCES</b>	Social workers and educators assessed the participants' skills through oral interviews and direct observations of the participants at work.
<b>PROTOCOL OF INTERVENTION</b>	<p>Miroir de soi is an open group: anyone can come at any time of the year without prior registration. Inserted in the heart of social housing, the workshops take place in a neutral place (an apartment made available within the framework of the council houses located in an area where many social difficulties are concentrated).</p> <ul style="list-style-type: none"> <li>- an art therapist (earth work, storytelling, theater, writing workshops...)</li> <li>- an artist dancer (relaxation; listening to oneself and one's body)</li> <li>- a naturopath (guided relaxation)</li> </ul>
<b>TYPE OF ACTIVITY IN THE PROTOCOL OF INTERVENTION</b>	The workshops aim at increasing participants' organization skills, decision making, debate skills. The participants, thanks to the support of the social facilitators, take part in the governance of the project by taking an interest in its functioning, the budget and by taking initiatives. Many participants are willing to give back a little of the help they receive by getting involved in the dynamics of their neighborhood.
<b>INDICATE IF THE PROJECT PROVIDES A NETWORK OF</b>	SNCF (the French National Railway Company) and IKEA





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<b>SUBJECTS FOR THE REALIZATION OF THE INTERVENTION (both recruitment and delivery activity)</b>	
<b>SUMMARY DESCRIPTION</b>	The "Miroir de soi" workshop offers weekly group meetings with the objective of breaking out of isolation, increasing soft personal skills, forging links with other participants and taking part in common projects.
<b>METHODS OF PROVISION</b>	N/A
<b>EVALUATION AND MONITORING</b>	No evaluation required.
<b>DURATION OF THE PROJECT</b>	Since 2008.
<b>COVERAGE OF COSTS</b>	16 500
<b>COST OF REALIZATION</b>	16 500
<b>TARGET OF POPULATION</b>	People in a precarious situation in neighborhoods facing social difficulties, like unemployed adults
<b>GROUP SIZE</b>	20 people per workshop
<b>PARTICIPATION REQUIREMENTS</b>	<i>Miroir de soi</i> is an open group: anyone can come at any time of the year without prior registration.
<b>DURATION OF THE COURSE</b>	N/A
<b>CALENDAR (if there is one, please indicate the dates or where to find them)</b>	N/A
<b>WHAT TO DO TO PARTICIPATE</b>	To be resident in the Fontaine d'Ouche neighborhood
<b>FEE/FREE FOR PARTICIPANTS</b>	Free
<b>REIMBURSEMENT OF EXPENSES</b>	N/A
<b>CONTACT</b>	apotherat@ville-dijon.fr
<b>RELATED REFERENCES</b>	N/A
<b>COMMENTS</b>	N/A

