

# Module Two

Making our way from the past to a great future



## Session Guide

### SESSION 2 Making our way from the past to a great future

#### Objectives:

At the end of the session, the participants should be able to:

1. discuss past challenges and opportunities;
2. realize future challenges and possibilities;
3. talk about mutual goals as members of a group and as individuals;
4. discuss ways to make change possible within the group; and
5. find ways to prepare themselves for finding solutions.

#### Materials Needed

Big pieces of paper (A3)  
Big fishes and rocks made out of colored paper  
Colored markers  
Scissors  
Sticky tape

**Duration: 3 hours and 30 minutes**

Time	Trainer	Learners
5 min	<p>Presentation of the exercise: Fish and Boulders</p> <p>Explain that the following exercise and its objectives.</p>	<p>The group will ask questions or give comments at each stage.</p>
40 min	<p><b>Conduct “Part 1” of the activity.</b> Instructions to be followed on the handouts.</p>	<p>The group will give a brief verbal example of a problem (represented by a boulder) and how they solved the problem (a fish).</p> <p>The participants will undergo the first part of the exercise.</p>
20 min	<p>Ask each group to present their “past” river briefly. Discuss and intervene using examples and notions from the reading material from handouts: What kind of answers might come out of the collectors group? Ask them to consider: Does my past help my present or contaminate it? <b>Transformation:</b> A Willingness to Change <b>Self-knowledge:</b> Do I know my limits? And what about the group’s limits and capabilities?</p>	<p>The group (or a representative) will present the first part of the activity, describing the major challenges they encountered in the past and how they overcame the problems.</p>
40 Min	<p><b>Conduct “Part 2” of the activity.</b> Instructions to be followed on the handouts.</p> <p>Tell the participants that they will repeat the “river” exercise, but this time they should illustrate on a second piece of paper the continuing river, which will represent their future.</p> <p>Ask them to give an example in which the efforts of a group would be more successful than the efforts of an individual in overcoming a challenge or problem.</p>	<p>The participants will write on the boulders the obstacles and challenges they think they might encounter as groups and as individuals in the future.</p>

Time	Trainer	Learners
20 min	<p>Ask each group to present their river scenario briefly.</p> <p>Discuss and intervene using examples and notions from the reading material from handouts:</p> <p>What kind of answers might come from the collectors?</p> <p>How can you work together as a team?</p> <p>How can you best identify <b>leaders (types)</b>?  <b>Coordinators, animators and facilitators</b></p>	<p>Present the second part of the activity: the major challenges they might encounter and their plans to overcome these situations.</p>
40 min	<p><b>Conduct “Part 3” of the activity.</b></p> <p>Instructions to be followed on the handouts.</p> <p>Explain to the participants that they should now think long term, and elaborate on how and why they should do so.</p>	<p>Discuss in small groups issues and common goals. Draw the sea and illustrate (with drawings or text only) the group goal and the methods used to reach it as a team.</p>
20 min	<p>Ask each group to present their river briefly.</p> <p>Discuss and intervene using examples and notions from the reading material from the handouts:</p> <p>What kind of answers are the collectors likely to give?</p> <p>How useful was this exercise?</p> <p>What can be done to maximize the usefulness of this exercise to the collectors?</p> <p>What changes need to be made to make the exercise more effective?</p> <p>Organize, plan, define your team</p> <p>Knowledge of your objectives</p> <p>Communication</p> <p>Create your action plan and strategies</p> <p>The use of power in a group</p>	<p>The group (or a representative) will present the third part of the activity: the ultimate goal as a collectors group and the ways to achieve this goal.</p> <p>The group will evaluate the usefulness of the exercise, and makes suggestions for improvements.</p>