

Hot Chairs

Before the actual activity, which was developed by BEST, starts, it is necessary that the trainer addresses the following questions:

- „Are there resistances against your –atypical (Note: explain the term) career choice – from your own, family or circle of friends (peers)?“
- „How and with what are you arguing these?“; „What is it causing within you?“

Procedure

- At the beginning the trainer asks following guiding questions: „What does the motivation say to you“; „What does the resistance say to you?“
- The participant is allowed to think about it and take notes / paper and afterwards once
- Take the seat (chair, pillow on floor etc.) for the motivation, then
- Take the seat (chair, pillow on the floor etc.) for the resistance
- Let the both „voices“ (so those, that motivates the career choice and those, that addresses resistance, doubts etc.) talk to each other.

Note: The participant can play both roles or the trainer takes first the motivation part, then the resistance part;

Play 2 runs

Positive effects

- Manifest positions are starting to move. This will be visualised resp. experienced through the switching of the seat / the pillow.
- Manifest standpoints for pro and cons of decision making processes can be relativised, questioned regarding their relation to reality and new evaluated and will become the

Learning target

- Make an adequate career choice resp. career decision, especially in respect of so called atypical career choices (this can be e.g. technical jobs for women, care or social jobs for men).