



Education and Culture DG

Lifelong Learning Programme

TITLE	The personal action plan (basket of ideas)
Time	90 minutes
Material	Flip chart, paper sheets
Description of exercise	<p>The participants form groups of 4 or 5 individuals and are given the following task that each one of them will have to fulfil:</p> <p><u>Phase I</u>: one group member presents his case/problem and formulates positively his desired goal. He describes the facts, the setting and answers all questions from the other group members to ensure that they have all the information they need to reflect on it.</p> <p><u>Phase II</u>: the group members start a discussion about the presented case and generate ideas and solutions including interprofessional aspects on how to reach the presenter's objectives. The presenter listens carefully and collects all the ideas in a virtual "Basket of Ideas".</p> <p><u>Phase III</u>: the presenter independently picks one of the proposed ideas out of the Basket of Ideas and explains to the group why he chose it and how he wants to put it into practice.</p>
Aims of exercise	Collecting original ideas for problem-solving, transfer ideas into the practice setting, identify benefits of interprofessional work for one's own cases/problems.
Reflection of exercise	After all the chosen ideas have been gathered and discussed, the participants exchange their experiences in the plenary emphasising the role of interprofessionality to achieve the goal. The trainer summarizes the most important points of the discussion.
Benefits of exercise	The learner will gain new and original ideas to cope with his/her own work situation. When placed at the end of a training day, the learner could go home with a kind of action plan in mind regarding his case/problem that he or she can already start to work on the next day.
Obstacles of exercise	This method is intended for further training as it requires the participants to bring in their work cases. It can be used for vocational training, if the trainer provides the cases/problems. Time is an issue for this exercise: if the group is too small, it might result in poor input and not enough ideas to choose one that is suitable. If the group is too big, it will take too much time for everybody to present the cases and gather the other group members' ideas. Therefore, the groups should be composed of 4 – 5 participants, each one of them should have approximately 20 minutes to go through the three phases of the exercise e.g. 5 minutes for phase I, 10 min for phase II and 5 minutes for phase III.