

V. MOTIVATION

Motivation is to give or show reasons to do something, to promote and encourage other people to reach their aims. Most of the times it is difficult for a people living with a mental illness to commit with a long term activity, that is why it is so important to have a person really motivated within the group infusing spirits to everybody to continue with the Chic & Craft course. Find here some suggestions to train motivation.

V.1. WHY DO I SEW

Abilities reinforced: Communication, motivation, ability to express oneself.

Description: A discussion is held highlighting the benefits of learning the skills to be imparted throughout the training. Why learn to sew in the first place? What are the benefits of “relearning” this skill and passing it on to others? Why it was such a coveted skill some time ago and what have changed by now? Influential videos could be shown demonstrating the evolution of this skill down through the years and the possible progressions to be made.

This style of discussion will ignite and inspire the passion within our mentors of why they chose to become involved in such a project, and what they hope to impart to the other participants. This belief in the validity of the project will help in motivating both the mentors and their peers.

This exercise offers an extra possibility to express themselves about their wishes, problems... all connected with the field of sewing.



V.2. MY MENTOR

Abilities reinforced: Motivation, communication.

Description: Invite the participants to think back to when they first learned to sew- where it was, how old they were, who taught them etc. Then ask them to take turns to describe the experience to the rest of the group, paying particular attention to describing the person who taught them- in terms of personality and attitudes- and the positive and negative aspects of the teaching style of that person, i.e. did they explain the methods well, were they too strict, did they answer your questions, were they patient, etc. Then ask them to take another turn where group members exhibit the teaching style of the teacher described by their companions as accurately as possible, solely based on the description of their fellow group member in a mock classroom set up.

Suggestions: In a group discuss positive and negative aspects of these teaching styles and how you would do it differently today.





V.3. WHY TO BE A MENTOR

Abilities reinforced: Motivation, communication.

Materials: Cardboards and pencils.

Description: Invite your mentors to find 10 common reasons to become a Chic & Crat mentor and to write them on a cardboard. Also, ask each of them to write down 5 fears they have about the training and then put in common with their mates: Do they have the same fears? Do they understand the fears of their mates? Can they foresee possible solutions for the potential problems that may appear? Finish the exercise asking them to find 10 common benefits from assuming this role.

Suggestions: Try to calm down the fears of your group reminding them that a professional is going to be with them all the time and that they have been chosen because you know they are able to assume this role. You can put the cardboard with the 10 reasons to become a peer mentor in the place where you meet with your mentors to motivate them during all the sessions.

Sharing feelings with other mates, can help to find out more things about each other and about themselves.



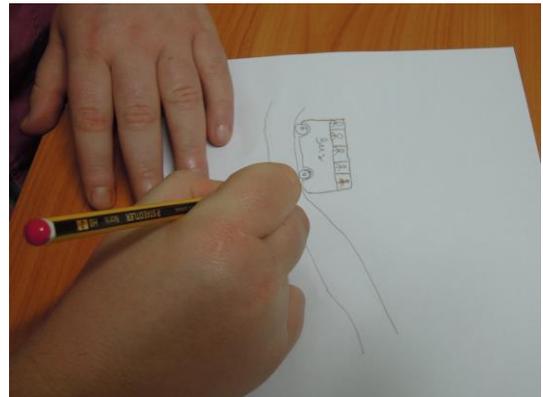
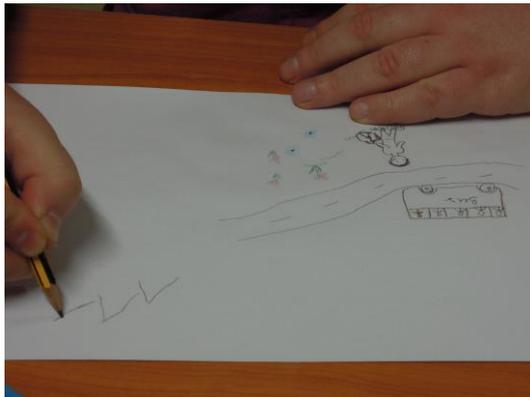


V.4. MY PATH

Abilities reinforced: Self-reflection, motivation, communication, openness to talk about one's fears.

Materials: Sheets of paper, pens, crayons.

Description: This exercise is slightly more creative and allows for artistic interpretation of events. Ask the Chic&Craft peer mentors to draw a road map, or a mountain, to represent the journey they foresee themselves taking through this training. The height of the mountain or length of the road could represent the difficulty rate of the training based on their own perception/ expectation. Bumps in the road or rocks in the mountain trail could show difficulties or obstacles they think they will face along the way. The design of their car or backpack can incorporate what skills they have to date, the equipment they will bring with them to make the journey easier etc.





V.5. THE NOTEBOOK

Abilities reinforced: Motivation, teamwork.

Materials: Notebook, pens, markers, tape, and other items that the team could use to write and draw in the book.

Description: This team-building exercise takes place over time. Make a large, blank journal or scrapbook available on every session. You might put in prompts on each page, asking questions or suggesting things to write or draw if you think your group might need some hints. Also you may have guidelines printed and displayed next to the book (i.e. write down what you have learned in today's session, what do you like most about the Chic&Craft team, propose a motto of the day/ week for the group, proposals for the Chic&Craft Peer mentor's Decalogue, etc.).

Suggestions: Encourage the participants to write down quotes from things they are reading or from team members themselves, to write about a fun event that happened at work, tape or glue photos of the team.





V.6. BEING INSPIRED

Abilities reinforced: Motivation, creative thinking, exchange of ideas.

Materials: Laptop with connection to internet.

Description: Today, you can share with your peer mentors some experiences similar to the Chic & Craft course. You can show them some beautiful designs made using recycling materials or even popular fashion designers that use recycled materials or that are inspired by the upcycling concept to create their fashion collections. Here you have some examples but you can look for national experience and even visit some of the designers if possible:

<http://www.recycled-fashion.com>

<http://daniellelvermeer.com/blog/upcycled-fashion-companies>

<https://collectively.org/en/article/britains-top-10-haute-cyclers-meet-the-pioneers-of-designer-upcycling>

<http://ecosalon.com/our-5-favorite-upcycled-fashion-designers-from-the-usa>

<https://es.pinterest.com/darcyfowkes/recycled-upcycled-fashion-design>

Open a discussion about the benefits of recycling clothes and using original creations that nobody else has and about saving money and resources.

