



Lifelong
Learning
Programme



BROCHURE 1

DEVELOP YOURSELF AS A LEADER

vision positive change strategy self-discipline integrity

Cluj-Napoca 2014

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DEVELOP YOURSELF AS A LEADER

The Comenius Multilateral School Partnership „Training for LIFE: Leadership Initiative For Europe” addresses secondary school students age 13-18 who learn in the following partner countries: Romania (Coordinator), Poland, Portugal, Lithuania, Latvia, Denmark, Croatia, Turkey, Hungary and Italy.

The aim of our project is to activate, increase, coach and develop students’ leadership and entrepreneurial skills, providing for them a platform for thinking and making clear decisions about their future career, helping them to identify their values, strengths, weaknesses, their personal and professional goals.

This FIRST number of the Training For Life Brochure comprises of the first five themes: VISION, POSITIVE CHANGE, STRATEGY, SELF-DISCIPLINE and INTEGRITY that teachers from Romania, Poland, Hungary, Latvia and Portugal created and all partner schools taught during the months of September 2013- February 2014.

The use of interactive methods (presentations, role-plays, discussions, quizzes/questionnaires, case studies, debates) helped students improve their communication skills, language skills, presentation skills and arise self-confidence. Students brushed up their ICT and English skills and they researched available databases in order to create their own materials in English (articles, presentations, essays) which can be viewed on the project’s website.

VISION

People who see their vision, they follow it and then they help the others to see it.
THE LEADERS

Are all people aware of their need for a vision?

People who don't see their vision.
THE WANDERERS

People who see their vision and they follow it.
THE VISIONARIES

People who see their vision but they don't follow it.
THE FOLLOWERS



SET A GOAL

- It is imperative that you have a **GOAL** for every action. Envisioning a future is a great source of motivation and will provide the appropriate reasons for cautiousness. This, in turn, will help with navigating around obstacles and opportunities.

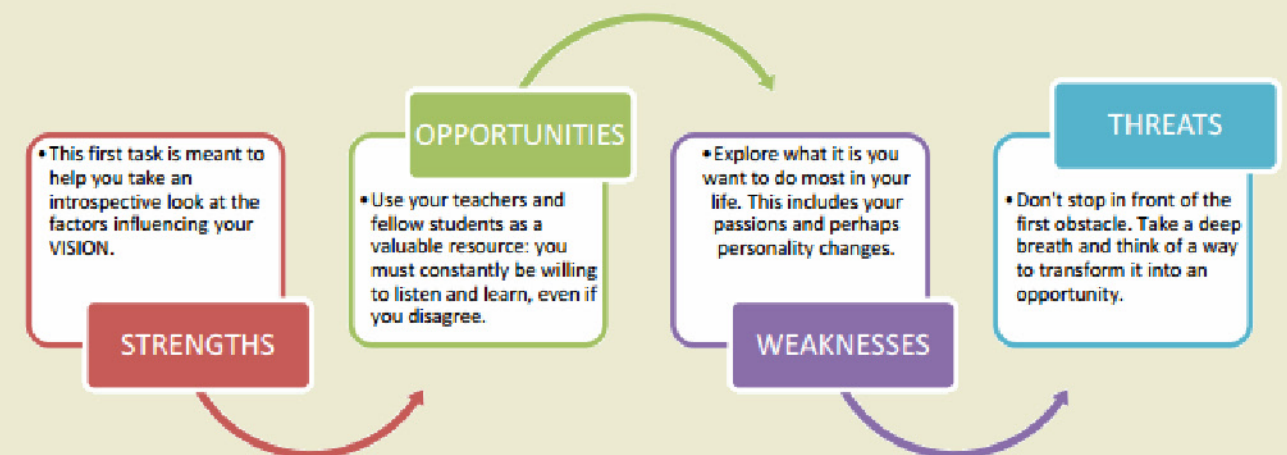
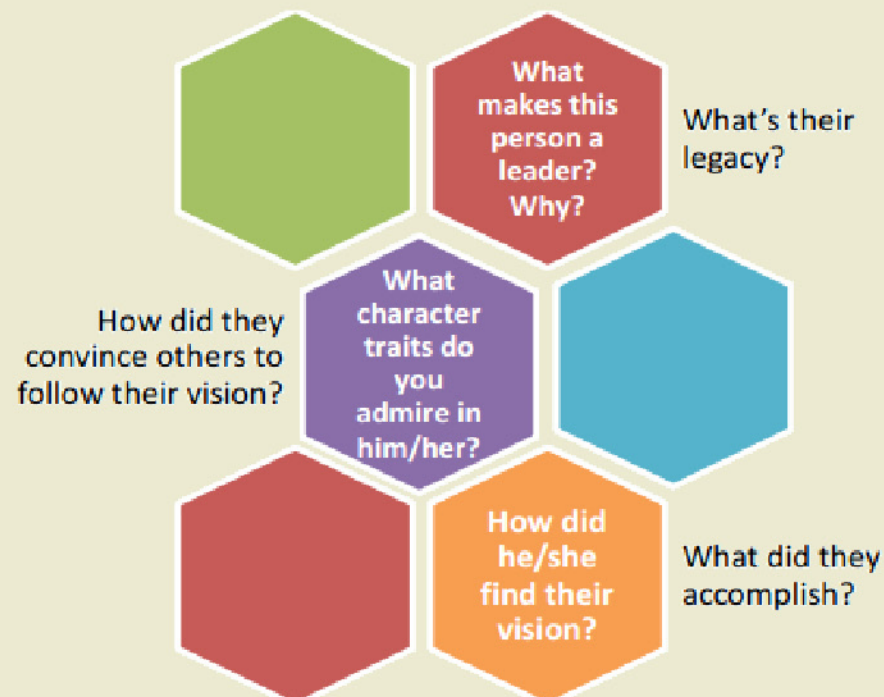
SEE THE BIG PICTURE

- By the end of this project you should be able to clearly visualize (from beginning to end) your destination. For the moment, focus on what the big picture looks like and how to go about identifying how a singular purpose or role fits into a larger one. It's all about framing.

CHOOSE YOUR LENSES

- It is also important to define the lens through which you look at your life and the lives of others. The more you understand about your lenses, the more you can predict yourself and others, and it will help you determine your consequent actions to a given circumstance.

Once you have determinated your lenses, you can then see how your life plays into the rest of the world. It is important to define yourself in terms of your weaknesses, strengths, re-sources, and capabilities.



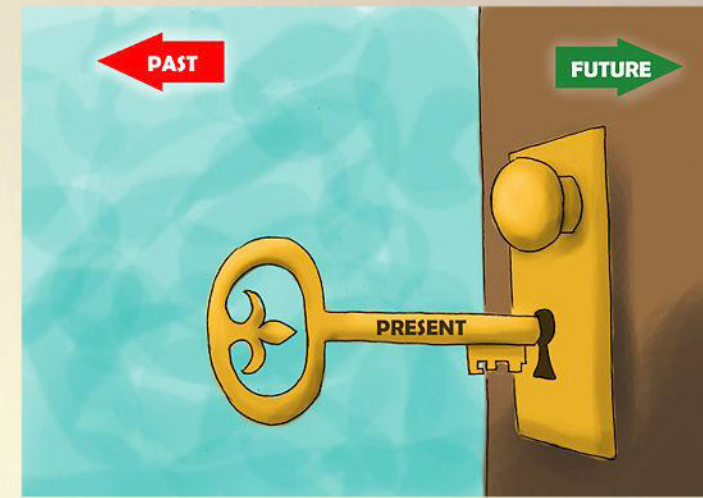
POSITIVE CHANGE

To be a leader you must be receptive to new ideas. You must be able to change your mind, be flexible, be creative and open to new suggestions.

Don't limit yourself to do what is reasonable, safe, possible and familiar. Don't lose touch with what you really want. To change other people you need to start changing yourself.

A first step is a personal growth plan.

ATTITUDE
is everything

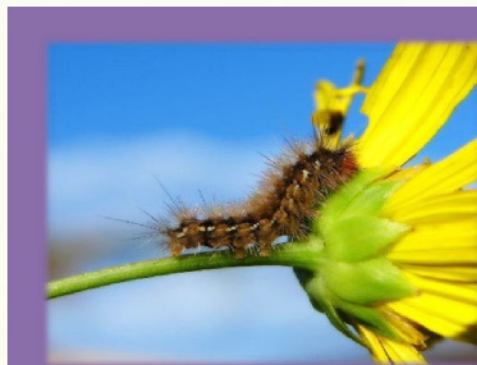


YOU CREATE
beauty WITH
YOUR ATTITUDE
YOUR BEHAVIOR
YOUR ACTIONS
IT'S ALL UP TO YOU

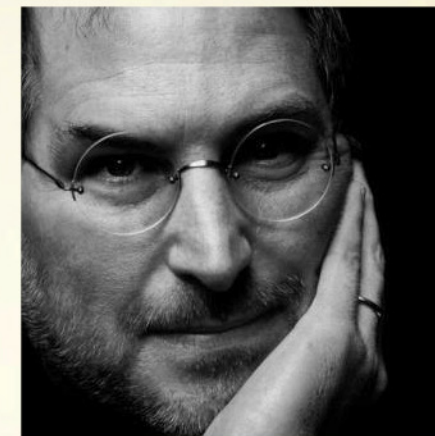
CHANGE = GROWTH

If we don't change we don't grow. If we don't grow, we aren't really living. The world would be different if people did not take a risk to change it.

PROGRESS
is IMPOSSIBLE
WITHOUT CHANGE,
& those who cannot
CHANGE THEIR minds
CANNOT
CHANGE Anything.
- George Bernard Shaw



Your life does not get better by chance, it gets better by change.

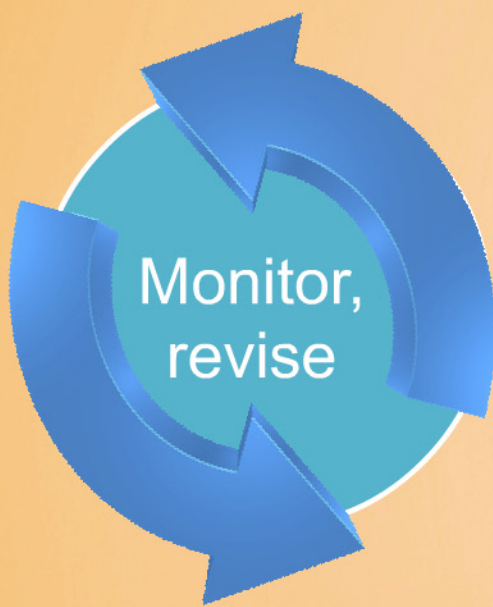




Visualize preferred future state. Draft vision statement.

Analyze strengths and weaknesses. Identify opportunities and threats.

Reflect on purpose, values, vision.



STRATEGY

Consider critical issues.

Implement action plan.

Form action plan.

Determine goals and objectives.

VISUAL See it	
AUDITORY Hear it	
KINESTHETIC Do it	



SELF-DISCIPLINE

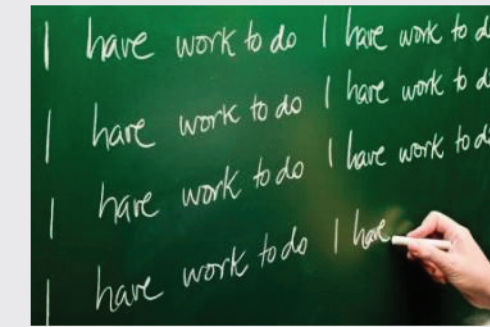
Self discipline is one of the important ingredients of success.

It expresses itself in a variety of ways:



"I am, indeed, a king, because I know how to rule myself."

Pietro Aretino



Self-discipline is the ability to make yourself do things that should be done.

Self-discipline can be considered a type of selective training, creating new habits of thought, action and speech toward improving yourself and reaching goals.



**Start tiny,
with a simple but
unbreakable promise
to yourself to do
one small thing
every single day**

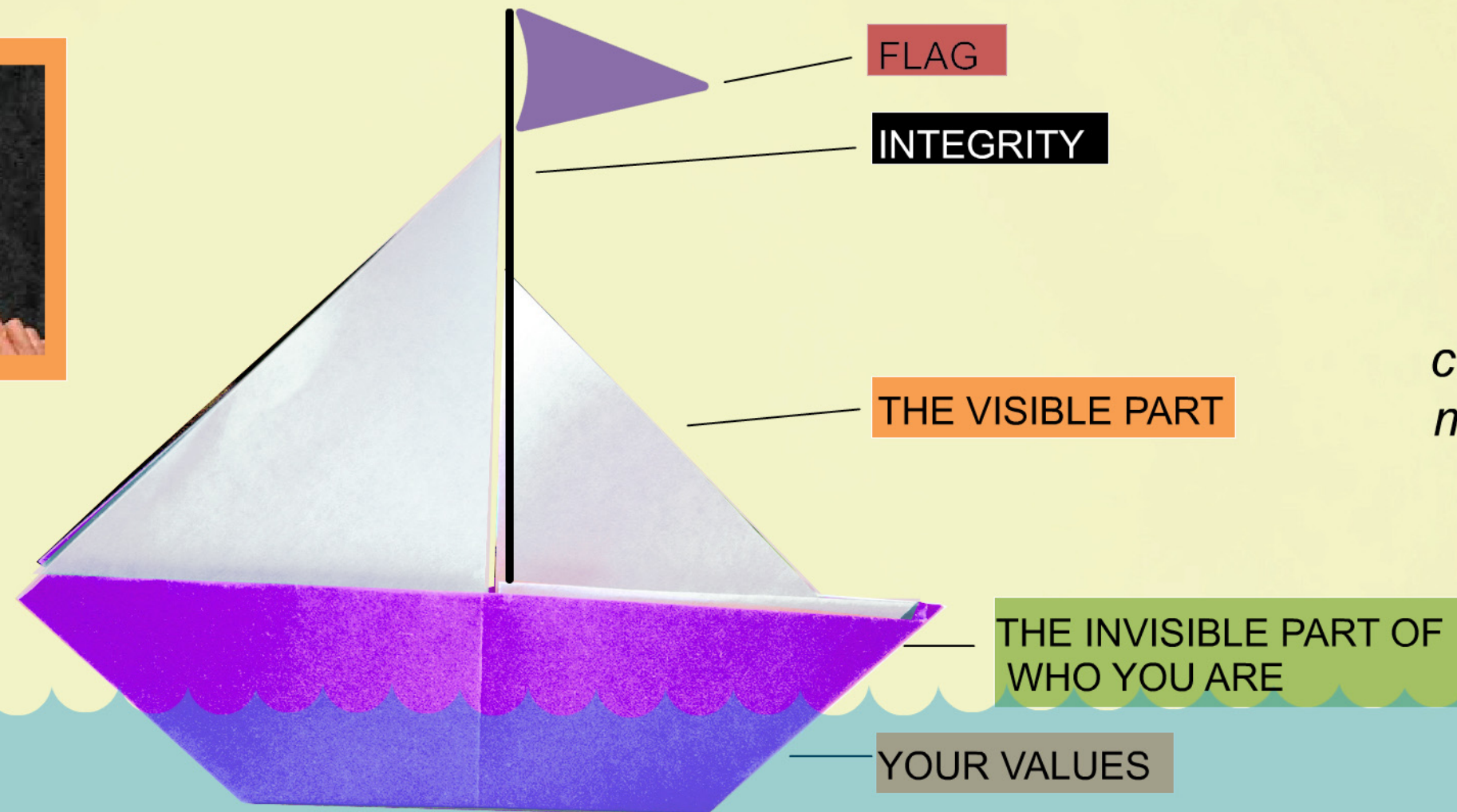


INTEGRITY

"Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not."



"A quiet conscience makes one strong."



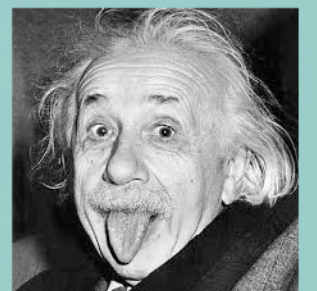
WHAT IS INTEGRITY?

Is choosing your thoughts on based values rather than personal gain.

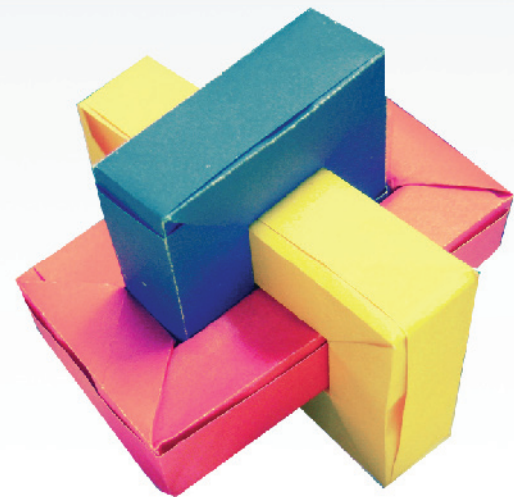
"Integrity has no need of rules."



"Whoever is careless with the truth in small matters cannot be trusted with important matters."



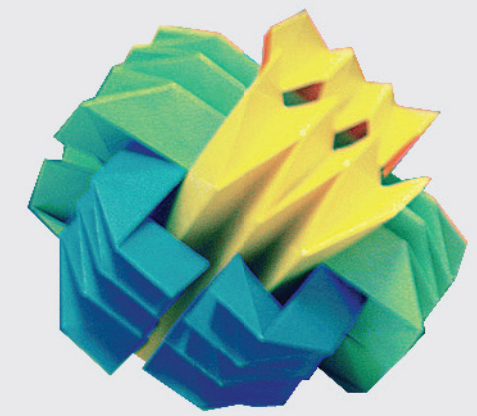
The aim of the Training for LIFE project is to develop a sense of responsibility as European citizens towards the future of the European Union. In these troubled times the young generation need to understand the necessity to fight for a healthy and united Europe. Thus, we need young people to be aware of their strengths, weaknesses, values and professional goals. The project has helped teenagers in all partner schools to discover their qualities and create a positive image of themselves. Students have developed their leadership, communication, language and presentation skills, which are all essential for further succeeding in life.



We believe that the results of the project and the products created during the implementation of the partnership are significant in the wider European educational context as they represent reliable resources that enable both teachers and students to stimulate the sense of initiative, creativity and self-confidence. In this respect, this first issue of the brochure compiles hours and hours of work and collaboration between teachers and students from all 10 partner schools.

How can this brochure add value to you? That's the question I have asked myself before ever including it in our project. What can it offer you? How can it serve you, help you achieve your goals and manage not to bore you in the process? Maybe by reading these materials you will get stuck with an idea or become suddenly motivated to follow your own path and find what drives you or help you plan carefully your next stage in life or simply motivate you to develop yourself as a leader.

Andreea Suci
European Coordinator



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