

EXERCISE FOR DEVELOPING RELATIONAL, LISTENING AND ASSERTIVENESS SKILLS

Name	Setting limits
Project moment	Mentors training
Target group	Mentors
Goals	<ul style="list-style-type: none"> - Exploring one's own limits - Exploring others' limits - Realizing the effect of changes in limits - Self-care and personal space
Methodology	20-30 minutes Role play in pairs and group discussion
Resources	Group leader for the activity
Description of development	The participants are divided in pairs and arranged to stand in two rows, facing each other. With a signal from the activity leader, one row starts walking toward the other and they each stop walking when the other member of each pair tells them to stop. The activity is repeated with reversed participants (pair members). It is repeated, during which time the pair members who are walking can choose themselves when to stop walking. The activity is repeated yet again, this time with both pair members walking towards each other. The group discussion is on setting limits, changes in limits, and communicating with one another.
Recommendations	There should be plenty of space for this activity. If the group is of mixed gender, the group discussion could cover differences in limits in different cultures. Other examples could be discussed as possible differences in the concept of personal space and limits.