

How do you sail on your life ship?	Link	Materials uploaded on Google Drive (worksheet and PPT)
	Short Description	This activity has been used with adults who have experienced life changes as a way to analyse a complex situation and support them in their personal development. By visualizing their life ship, participants get asked several questions, such as: what are your anchors? what are your life loads? what can help you sail? what are the risks? who is part of your ship crew? The participants work on their worksheets (with the sail pictured and the questions included) on their own. The exercise can work well for in-depth reflection on complex issues, particularly for personal development. It is very learner-centred and perhaps works better if each person works on their own. It can work well with learners who suffer from low motivation, or who would like to regain control over their lives. Follow-up activities for group work / group discussion could be envisaged, but
	Who created the tool	Kristýna Pochvalitová The inspiration is from coaches Iveta Štvartáková and Zlatka Strnadlová.
	Target Groups	Hard-to-Engage Learners
	Role of Instructor	In need of Instructor
	Innovative Elements of Tool: Sustainability	Yes
	Innovative Elements of Tool: Transferability	Yes
	Innovative Elements of Tool: Interactivity	Yes
	Innovative Elements of Tool: Active Involvement	Yes

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