

Test it, probably you can? (how to overcome prejudices "I can't," "I will fail")

Link	https://www.support-erasmus.com/problem371-sprendimo-metodika-problem-solving-methodology.html
Short Description	<p>This method is effective in coaching practice. It helps the learner to overcome prejudices and fears</p> <p>We do not try many things in our life or work, not only for rational reasons, but also often because of our inner beliefs or assumptions made at every step.</p> <p>Attitudes can equally obstruct us: "I won't," "It's not for me," "It's risky."</p> <p>Such and similar words reflect our inner dialogue as we face future change.</p> <p>If the teacher / mentor hears restrictive clauses in the employee's language, he / she must first help the learner to notice and evaluate such clauses.</p> <p>The teacher / mentor can help you overcome the problem in a few steps:</p> <ol style="list-style-type: none"> 1. Find out why people think they won't succeed by asking questions. 2. Fix the most commonly mentioned "difficulties". 3. Analyzing the guiding questions, are these difficulties really insurmountable? 4. To look at the problem "from the outside". Ask what in this situation a "student" could advise another person? 5. Testing progress: how did the student's attitudes change, what conclusions did he / she make, what do he / she think about his / her potential now?
Who created the tool	Unknow (moderated by economics teachers association)
Target Groups	adult leraners (general public): This method is effective in coaching practice. It helps the learner to overcome prejudices and fears
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