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PR3 Training Toolbox

Pie of Roles

SESKAT. Development of social and emotional skills in adult training

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SESKAT

1) NAME AND DESCRIPTION OF THE TOOL

This exercise is designed to help participants reflect on the diverse roles they play in their lives, such as family member, professional, friend, etc. By creating a visual 'pie of roles,' individuals can assess their connection to each role and identify areas needing attention or improvement.

2) OBJECTIVES OF THE TOOL

- Enhanced Self-Awareness: Assists participants in recognizing and evaluating the various roles they inhabit in their daily lives.
- Identification of Imbalances: Aids in identifying roles that may be neglected or require more attention.
- Personal Development Planning: Encourages participants to develop strategies for improving their engagement and satisfaction in various life roles.

3) CONNECTION OF THE TOOL WITH EMOTIONAL INTELLIGENCE/SOFT SKILLS

This exercise links closely with emotional intelligence by promoting self-awareness and reflection. It helps participants understand their feelings and behaviours in different life roles, fostering emotional balance and resilience. The exercise also enhances empathy, as participants consider the impact of their roles on themselves and others.

4) RESOURCES & MATERIALS

- Participants: 1 or more
- Timer: Smartphone or stopwatch.
- Materials: Paper, pens, and a print of the template of a circle provided in the annex, for each participant.



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5) IMPLEMENTATION OF THE TOOL

- Introduction, 5 minutes: The facilitator introduces the concept of the 'Pie of Roles' and its significance in understanding personal life balance.
- Step 1, 10 minutes: Each participant is given a circle template. They reflect on their various life roles and divide the circle into segments, labelling each segment with a role (e.g., parent, friend, employee).
- Step 2, 5 minutes: Participants place a dot in each segment, indicating their emotional connection to each role. The closer the dot to the centre, the stronger the connection.
- Step 3, 10 minutes: A brainstorming session where participants reflect on the roles where the dots are closer to the edge. They discuss their feelings about these roles and why they feel less connected.
- Step 4, 15 minutes: On a new sheet divided into four quadrants, participants focus on the problem identified from the pie chart. They answer questions in each quadrant relating to behaviours, feelings, strategies for improvement, and anticipated outcomes.
- Step 5, 10 minutes: Group discussion and sharing of insights from the exercise, guided by the facilitator.

6) EXPECTED LEARNING OUTCOMES

Participants can expect to gain a clearer understanding of how they balance different roles in their lives and where they may need to make adjustments. The exercise encourages introspection, leading to better self-awareness and emotional management. By identifying specific behaviours and attitudes that contribute to or alleviate problems, participants can develop actionable strategies for personal growth and improved life satisfaction.

PIE OF
ROLES

