



SESKAT. Development of Social and Emotional Skills in Adult Training  
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# The Mayor

**SESKAT Training  
Toolbox**

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## Description

The Mayor is a humorous activity that can stimulate important reflections on conflict resolution, role perception, and is a great example of mediation. It is a role-playing game where the trainer crafts a story or plot based on a specific situation. One participant assumes the role of the mayor, tasked with finding a common solution among different parties.

The trainer assigns diverse roles to participants, each with specific goals. For example: In the town of XXX, a group aims to build a new mall, featuring characters such as: Character 1 (the banker), Character 2 (the builder), Character 3 (the architect), and Character 4 (the entrepreneur). On the opposing side, there is another group vehemently against this idea: Character 5 (the environmental activist), Character 6 (those unwilling to sell their farms,) Character 7 (local shop owners).

The Mayor must skilfully mediate between these two opposing factions, managing the group dynamics and fostering a respectful environment.

## Objectives

- To encourage the use of meditation to regulate emotions
- To raise awareness of one's own behaviour during a conflict
- To improve debating techniques
- To provide the opportunity to explore different life roles



# Connection with Soft Skills and Emotional Intelligence

The tool works on conflict resolution skills by employing gamification.

## Resources and Materials

- No particular materials are needed.

## Steps

01

10 minutes: Give all the roles, explain the stories and the goals, define the parties.

02

20 minutes: Run the simulation with all characters.

03

Allocate 5 minutes for participants to reflect on how they felt in their assigned roles.

04

-It can also be beneficial to provide participants with the opportunity to explore different roles by restarting from point 1.

# Learning Outcomes

By participating in this activity, participants will be able to:

- Explore different perspectives of roles
- Reflect on their mediation skills

