

# Who Are You?

**SESKAT Training  
Toolbox**

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## Description

The “Who are you” activity is designed for participants to explore their true self and be in touch with their own emotions. It is a short activity that can also be used as an icebreaker. It requires participants to work in pairs, so, if their number is uneven, the facilitator can join as well.

## Objectives

- To reflect on the beliefs that each participant has
- To understand and recall different traits of one’s own personality
- To get in touch with one’s true self

## Connection with Soft Skills and Emotional Intelligence

To deeply understand who we really are is crucial for both our self-emotional management, self-esteem and self-confidence. Too often, we do not reflect on the person that we are, let alone the one we would like to become. This exercise will help participants in becoming aware of their perceived personality and what they are ready to share with others.



# Resources and Materials

- To implement the activity, you will only need a room where participants can spread and talk in pairs.
- You will need a timer to keep track of the time.

## Steps

01

5 minutes: Participants are asked to form pairs. If the number is uneven, the facilitator can join as well. Participants are instructed about the simple rules of the activity. During every session, the first person keeps asking “Who are you?” and the second one answers.

02

3 minutes: The first person in the pair starts asking “Who are you?” and the second person answers. There is no back and forth, but one person is repeatedly asking the same question (who are you?) and the other one will have to make an effort to always find new (and true) answers to the same question. This keeps going until the end of the three minutes, which will be notified by the facilitator. The first answers may be simple and straightforward, such as “I am a woman”, “I am a teacher”, “I am an Italian living in Berlin,” etc. but eventually, the answers will dig in much deeper. Then the partners switch roles.

03

3 minutes: Working with the same partner, the person who was answering is now asking “Who are you?”. This session also lasts 3 minutes, just like the previous one.

04

It is now time for participants to reflect and share, if they wish of course, if they have (re)discovered something about their true-self. What emotions were involved in the activity? Have they felt uncomfortable in sharing some personal details about themselves? Or on the contrary, do they now feel relieved? There is no right answer, but it is important to reflect on the impact the activity had on the participants.

# Learning Outcomes

After this activity, participants will:

- Feel more confident about themselves and their own emotions.
- Gain trust in the course facilitator and other participants

