



“The olive tree” activity was implemented during the training course **Leaderboat-resonance leadership as a way for social inclusion**. The name given by participants shows the deep symbolic relation between leadership development and olive tree grow.

We thank you all!

Coaching Exercise,
Reflection Tool,
Leadership Competences

The olive tree

This activity takes the principles of resonance leadership and coaching and brings them together in order to create a real path of change for youth leaders.

aims OF THE TOOL

- ▲ Encourage youth leaders to become more self-aware
- ▲ Support youth leaders in the process of creating a personal development/learning plan for their lives
- ▲ Encourage them to find support and inspiration in the people around
- ▲ Help them to discover ways to overcome challenges
- ▲ Guide them in the process of identifying helpers in applying their plan of change

Description of the TOOL

The activity is based on reflection groups that work together on a daily basis. The final result "The Olive Tree" or the "Path of Change" is presented in the last day of the training course, based on reflection and work done in previous days.



1. On first day, each participant reflects on her/his **DREAM**, based on a set of helping questions, presented by the facilitator. What is your dream? What do you like most to do? In what activities you like to participate most? Where do you visualize yourself? (important to accentuate is that key is not getting the right answer, but rather listen to your heart and intuition)

2. Participants work in small groups of 4-5 people where they share their dreams. The same groups are working until the end of the training course.

3. Based on the competences they acquired in each day of the training course and using support questions and all known tools and exercises, the members of the group guide each participant/ group member in the development of 5-7 steps to realize their dreams. Every day, one step is recorded on a separate sheet of paper.

4. In this way, each participant creates her/his own path of development towards being more conscious, resonant leader.

5. Last day, each group presents to the others the paths developed by its members.

6. Participants "pass" different paths that lay on the floor. Following different paths, the participants are encouraged to talk about them and share their hopes and fears, to mutually strengthen the motivation needed in order to carry out these activities, to be open in receiving and giving inspiration.

