

● **SESSION 1: INTRODUCTIONS**



(Total time: 55 min)



In this session we will complete two activities to get to know one another and become familiar with the style of C-BED training. In C-BED our goal is to learn from each other as we complete the activities in each of the seven sessions. There will be no teacher so we should help each other by sharing our different ideas and experiences, and ask questions to the group if we don't understand a concept or activity.

○ **Activity 1A: Knowing each other**



(15 min)



In Activity 1A we will get to know each other as a group and learn about our individual business interests. We will need pens and loose paper for this activity.

First we will read through all the instructions before starting the activity at Step #1. When the time runs out for each step, the group reader will notify the group so everyone can move on to the next step and so on until we complete the activity.

- Draw a picture of our current business or new business idea **(5 min)**
- One by one each group member is to introduce themselves to the group. We state our name, birthplace, then display the picture and explain what it shows. Each person has one minute for introductions **(5 min)**
- Display the drawings on a wall nearby or put them at the centre of the table **(5 min)**



In this first activity we got to know more about one another; we shared our drawings and talked about our business aspirations. Now we can move to the next activity.

○ **Activity 1B: Assessing my influences**



(30 min)



In Activity 1B, we will assess the different influences that contribute to our motivation to do business. The things we are curious about, the past experiences we have, the important people in our lives all influence us. Recognizing these influences can help us gain a better understanding of our priorities how they affect our business choices.

First we will read through all the instructions before starting the activity at Step #1. The group reader will monitor our timing and remind us when to move on to the next step. We can now begin Activity 1B.



- Each person should complete the self-assessment sheet on his own. Non-literate group members should be supported by the group **(5 minutes)**
- Each group member uses the self-assessment sheet to present their influences to the group **(10 minutes)**



- As a group, discuss how these different influences are related to their business idea and motivation **(15 minutes)**



**Table 1.1: Self-assessment Worksheet for Activity 1B: Assessing my influences**

<p><b>My interests -</b> Work I am curious about and like doing (paid or non-paid)</p>	
<p><b>My experiences -</b> I have the following work experience (including training and education)</p>	
<p><b>My role models –</b> I admire the following people I know (family, friends, teachers, business people, community leaders, etc.)</p>	



In this Session 1 we have learned more about the members of our group and explored the different influences on our motivation to do business. We have a better understanding of our interests and how they are related to the business ideas we identify.