

Women trade union leadership

Intended outcome:

Participants feel comfortable, supported and confident in participating in the workshop.

INTRODUCTORY WORKSHOP EXERCISES

Exercise 1

Tree of life

Trees have a universal meaning in many cultures and represent "life". This exercise will use the image of a tree. The image of the tree is meant to assist us reflect on our lives so as to better understand how we have become the women we are today.

Draw a tree very similar to the one on the right:

Adapted from Hope, A. & Timmel, S. (1999). *Training for Transformation. A Handbook for Community Workers, Volume 2. Practical Action Publishing: Bourton on Dunsmore; here: p.38.*



On the roots write down everything that has influenced your life growing up.



The **trunk** represents everything about your life today.

Write down everything you would like to share with the group



The **fruits** represents all you feel you have achieved in life.

Write each achievement on a separate fruit.



The **buds** represent your hopes for the future

We will each have a turn to share and reflect on our tree of life.

Think back to the tree of life exercise above.



How did you feel doing the exercise?



What did you learn about yourself from this exercise?



How did you feel listening to the other participants speak about their trees of life?



What did you learn about others when they shared their trees of life?

We all have power within us. This is what acts as the fire for sustaining our work for social justice. It is this power within us that gives us the capacity to deal with challenges.



Self-awareness, self-knowledge and self-care are the foundation upon which we can reach out and connect with others.

Exercise 2

Reflecting on my identity as a Woman Trade Unionist

Identity is about the concept/picture you develop of yourself and this can evolve over time.

Every one of us have multiple identities that shape who we are.

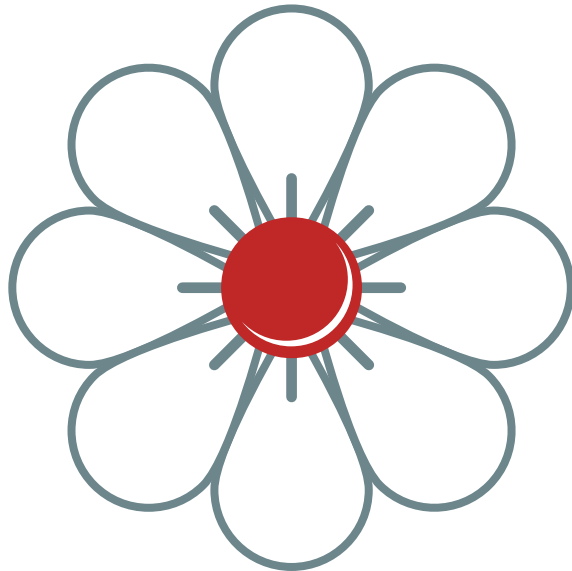
In this exercise you will explore your political and organisational identity as a woman Trade Unionist



Political identity is about opinions and attitudes



Organisational identity is about being part of a group who have a common vision of the world and a common mission to carry out agreed upon actions



**Reflect on what it means to be a trade unionist.
Create a drawing similar to the one above**



Create a drawing similar to the one above.



Imagine that YOU are the centre of the flower.



Identify the:

- **ideas**
- **feelings**
- **behaviour and actions**

that you believe is shaping your identity as a trade unionist and write it separately into each of the petals on the flower.






Use your flower to share with the group what it means to be a woman trade unionist.

Exercise 3

Discussing our expectations

Create a drawing of yourself similar to the one on the right where you identify:

-  **What you would like to learn** i.e. ideas, theories, concepts, principles etc. Place these close to your head.
-  **What kind of attitudes and feelings** you would like to experience. Place these on your heart.
-  **What kind of actions** you would like to take up as a result of the experience of the workshop. Place these on your feet

Share your drawings with the group.

