



PILLARS OF POWER



▶▶ Workbook for participants ▶▶

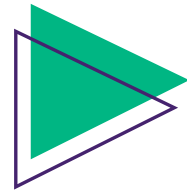


Name:



**Co-funded by
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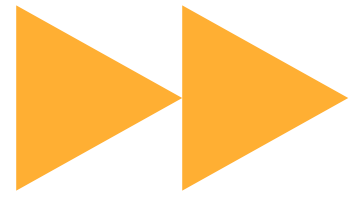


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HOPE:
POSITIVE
THOUGHTS
AND DREAMS



Hope, positive thoughts and dreams for a sustainable society.

Hope is a virtue that reflects our fundamental trust in the future. In the context of sustainability, hope is indispensable. It guides our positive thoughts and dreams for a better, more livable world.

This inner conviction motivates us to work towards a sustainable society, in which every step forward, fueled by hope, contributes to realizing our shared dreams for future generations.



Activity 1– Small steps with a big impact

To feel strong, you need a positive attitude. That you matters and what you do matters.

What to do when you're overwhelmed by negative or hopeless feelings? Sometimes you're so caught up in it that you don't know where to start.

Start with something small, a small change; that eventually leads to a big impact.

Those small steps always lead somewhere, where you can see the change, something that grows gives hope. What could be a first step?

Activity 2– Feeling that you are there, present in the here and now.

What can you do when you are feeling unhappy and overwhelmed by negative thoughts or feelings?

First of all, feel that you are there! Body awareness. Yesterday is in your head (fantasy), tomorrow is in your head (fantasy). Now you are here, right here, right now.



Activity 3- Thought power



I can do anything I want
I can do it
I am me and that's okay
I am good the way I am
I accept myself with all my pluses and minuses
I can learn this lesson
I can feel and give or receive love
I mean something to others
Everything passes
It gets better
I am valuable
I have people who love me
I am loved
I can never make mistakes, I can only learn
I give myself permission to be human and to learn
I mean something to others





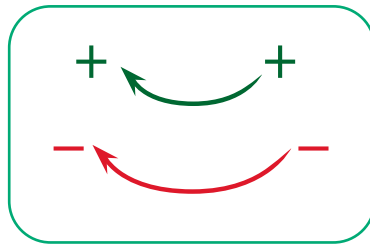
Activity 4– Positive action

Positive thoughts

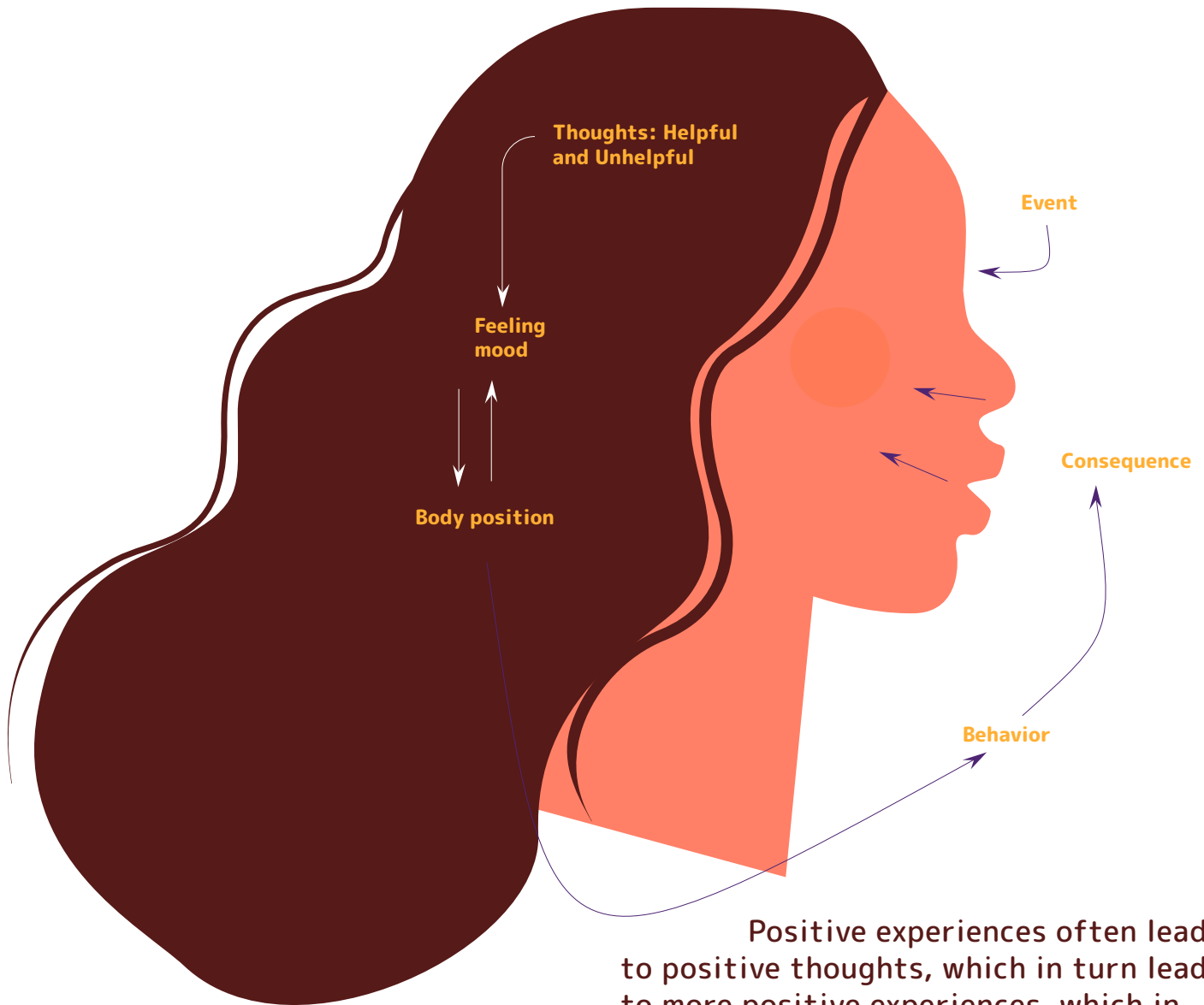
What positive thoughts make you happy?

What thought helps when you have negative thoughts?

What advice have you received from someone about thinking positively?



Thought - Emotion - Action - Experience



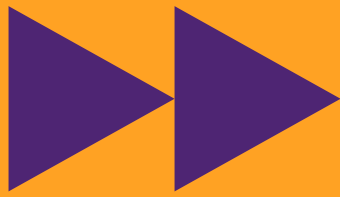
Positive experiences often lead to positive thoughts, which in turn lead to more positive experiences, which in turn lead to more positive thoughts.

This is also true for negative experiences and thoughts; it's like a cycle. Positive thoughts can also help you have positive experiences, and vice versa.

What will I take away from this training? What have I learned? What do I find important to remember?

The background features a complex, abstract composition of overlapping, semi-transparent shapes in various shades of purple, blue, and orange. The shapes are organic and fluid, creating a sense of depth and movement. The colors transition from deep purples and blues to warmer oranges and yellows, particularly in the central and lower-right areas. The overall effect is a rich, textured visual field.

IDENTITY: WHO AM I?



A sustainable society is built on a strong sense of identity and security. Identity gives people a sense of connection to their community and the natural environment. This connection motivates us to care for our environment and strive for sustainability. When people feel connected, they are more likely to actively contribute to sustainable initiatives that protect and strengthen both their own future and that of others.



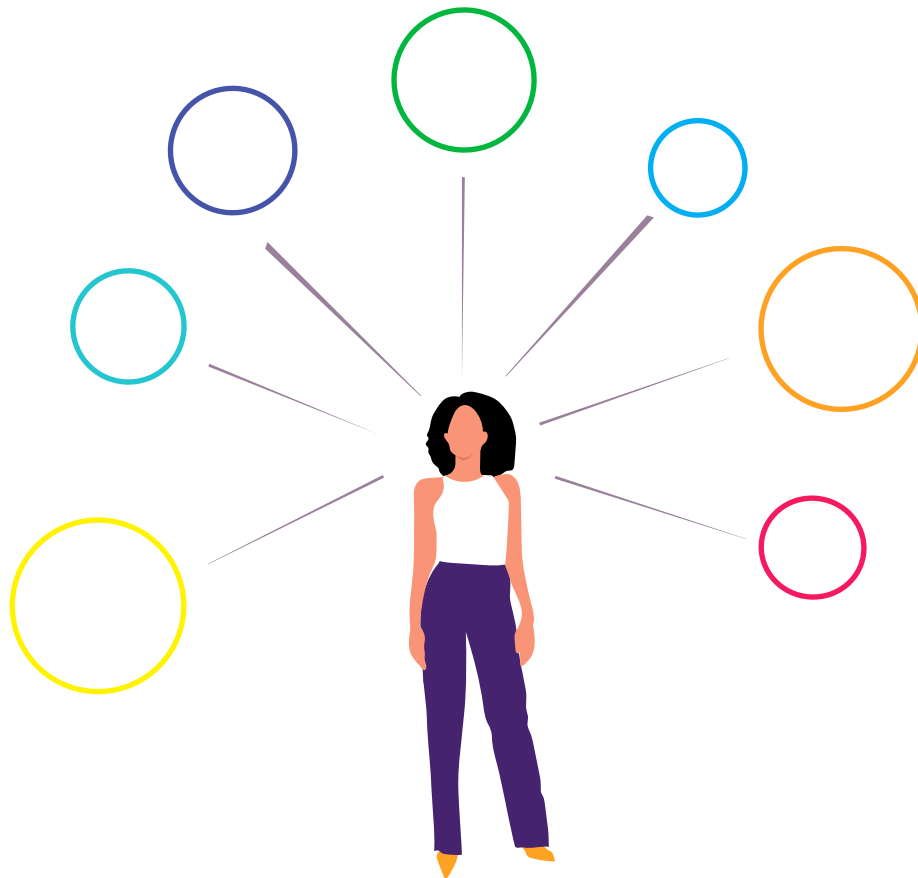
Activity 1 – Nature - Nurture

Nurture	Nature
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	

Activity 2- The role



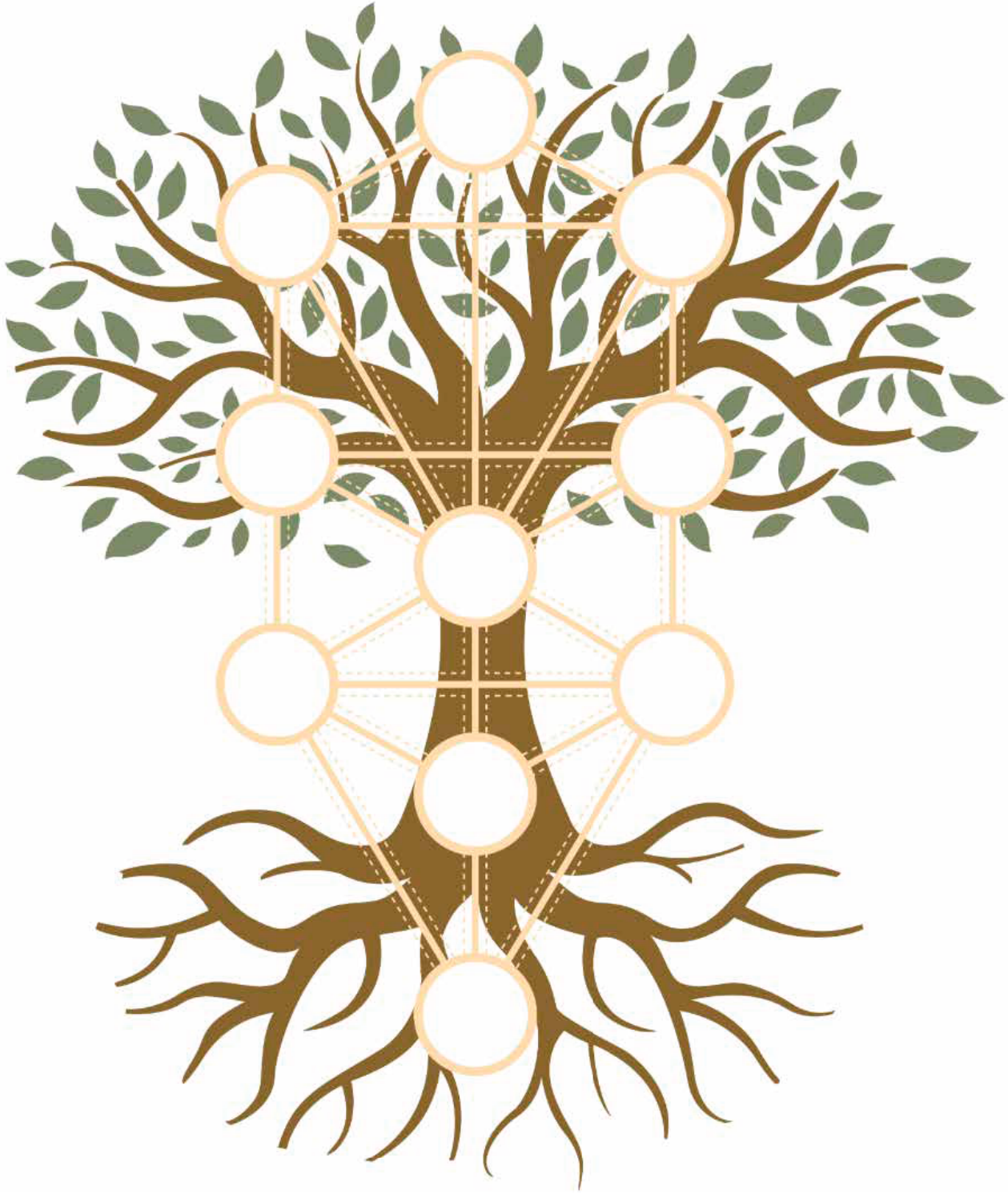
What roles do we identify with?



Activity 3 – Song of life

What is your favorite music or song?

Activity 4- Ecological identity



Activity 5- The Tree of Life*

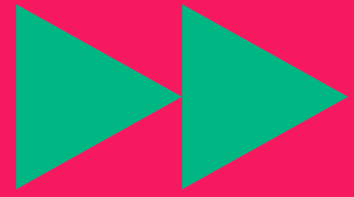


What will I take away from this training? What have I learned? What do I find important to remember?

The background is a vibrant green with several overlapping, semi-transparent circles in various shades of green, teal, and blue. A large, stylized number '15' is overlaid on the circles, rendered in a gradient of colors from yellow to red. The word 'SAFETY' is written in white, uppercase letters across the middle of the image.

SAFETY

15

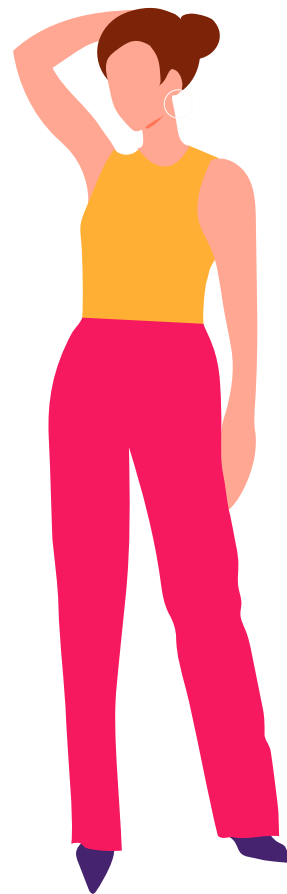


To grow and develop freely, it's important to feel safe. Sensing and setting boundaries helps you experience safety. Safety, both physical and social, is essential for trusting a stable and just world.

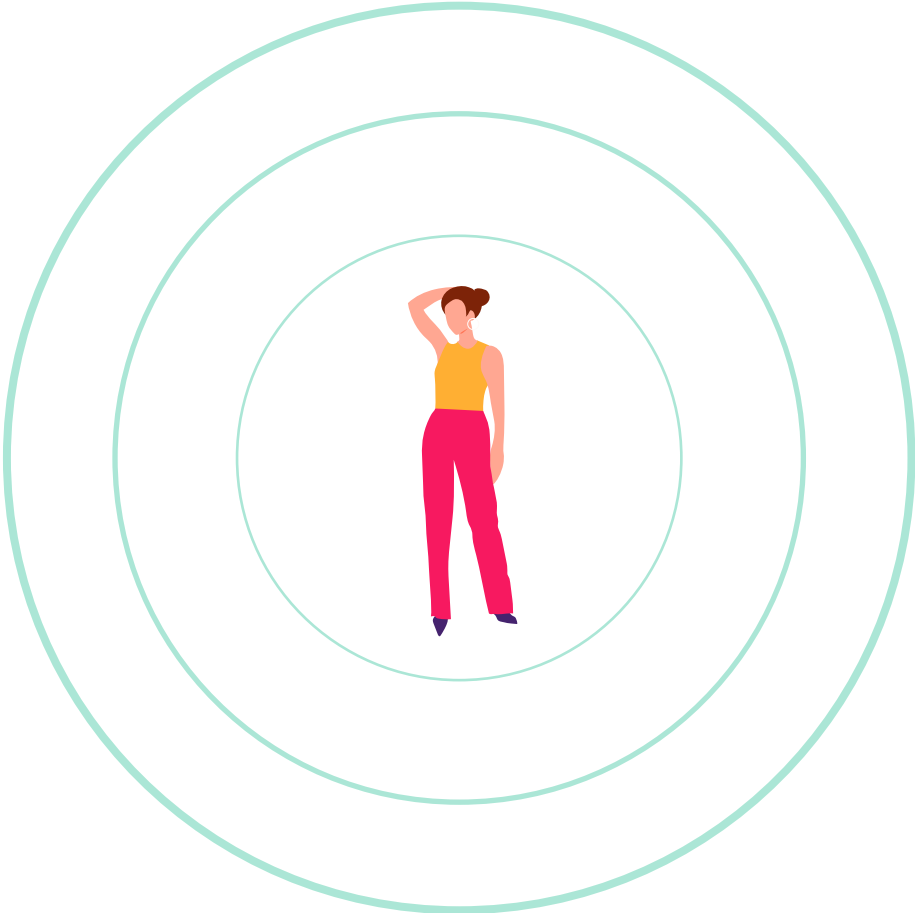


Activity 1– Who are you?

Being a child, partner of, part of the family, being a mother or father, friends of, neighbors, colleagues, acquaintances, classmates, fellow citizens, compatriots, people ...



Activity 2- Exercise setting boundaries





THEORY

Physical boundaries

Physical boundaries are also called bodily boundaries. These boundaries you set to indicate to others how far they can go Touch. By setting boundaries, you indicate who can and may touch you and to what extent they are allowed to do this or not. This is a very important border because it shouldn't be the case that just anyone can touch you.

Mental boundaries

Mental boundaries give you the opportunity to form your own opinion and in addition they give you the opportunity to express your thoughts No one else can control your thoughts and you don't have to always go along with the thoughts of others.

Emotional boundaries

Everyone has their own emotions. People around us can work manipulative. Your own emotional boundaries detach you from this harmful influences from outside. And cause that your own emotions can play a role.



What will I take away from this training? What have I learned?
What do I find important to remember?

The background is a vibrant pink and red gradient. It features several overlapping, semi-transparent circles and a large, stylized number '4' in the center. The '4' is composed of various shades of pink, red, and orange, with some areas appearing more saturated than others. The overall effect is a dynamic and layered composition.

CONNECTIONS AND SUPPORT

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*Umuntu Ngumntu Ngbantu: “I am...
Because we are!”*

*Ubuntu is an existential wisdom of
(Southern) African origin, from which our
modern world can learn much. It’s the
deeply rooted human understanding that
we are all inextricably linked. The Ubuntu
spirit, “I am because we are,”*



Activity 1- The meaning of connecting

Anyone who's ever flown knows that before takeoff, you're always given instructions explaining that if the air pressure drops, you should first put on an oxygen mask yourself and only then you can help your child or another person. After all, what use are you to other people if you faint? So, take care of yourself first, connect with what you and your body need, and only then you can help others. Ask others for help if you need it. But only help others when you're strong enough yourself.



Activity 2– Social circle

Feeling connected to others is an important part of life. It helps us feel like we belong, and it can make us feel loved and supported.

When we share feelings like joy, happiness, and sadness, we feel stronger and often find the strength to carry on. A “social network” consists of people who are important to you. These are the people you feel connected to or who influence your life. It can be very difficult if you have to leave these people behind because you had to leave your home or country. Sometimes it might not be safe to stay in touch with family and friends. Rebuilding a new social network can be difficult if you don’t know the language or culture. Even though it seems scary, it’s very worthwhile if you can build up a supportive social network.



Activity 3- Dancing and/or singing together



Showing yourself/ daring to be vulnerable, expressing your feelings. Showing yourself to others, fosters a bond.



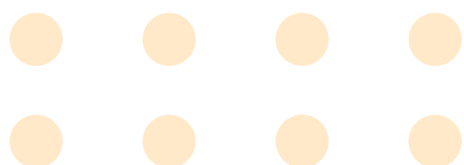
Singing/dancing is revealing yourself and expressing your feelings. It's also vulnerable; that's why singing or dancing together is an exceptionally bonding activity.



Activity 4 – Authentic relating through listening and sharing desires

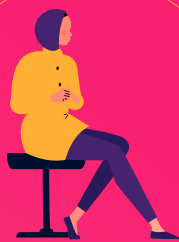
The importance and healing effect of mindfulness to listen.

What desires did you discover? What do you miss and what does that say about what you consider important?



Activity 5– How do you connect with other people? And your surroundings?

How do you feel connected to the world around you? To animals, plants, trees, the sea, the sky? What do you think is the place of humans in the world? Do you see them as the masters of animals and nature? Or are they part of it? How do you see that?



What will I take away from this training? What have I learned?
What do I find important to remember?

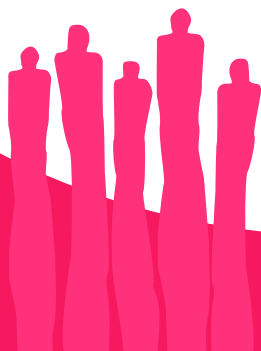


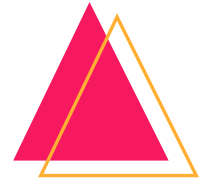
RESILIENCE

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In this training, you can establish your 'values compass'. You'll also learn to utilize your strengths in difficult times and better understand your stress and trauma reactions.





Activity 1 - Stress

Today we're going to talk about stress.

What comes to mind when you hear the word "stress"?

What is stress?

Stress arises when you are physically or mentally forced to do more than your body can handle. Stress also arises when danger is present.

Why does stress exist?

Stress provides extra energy and motivation when we have to do something; it's there to help us. Stress becomes a problem when it persists for too long, we don't get enough rest, or when the smallest things cause us stress. In times of danger, stress helps us to react faster (run, fight), which helps us survive.

Activity 2 - Symptoms of stress

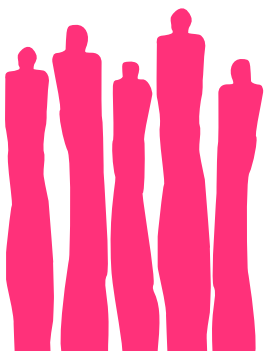
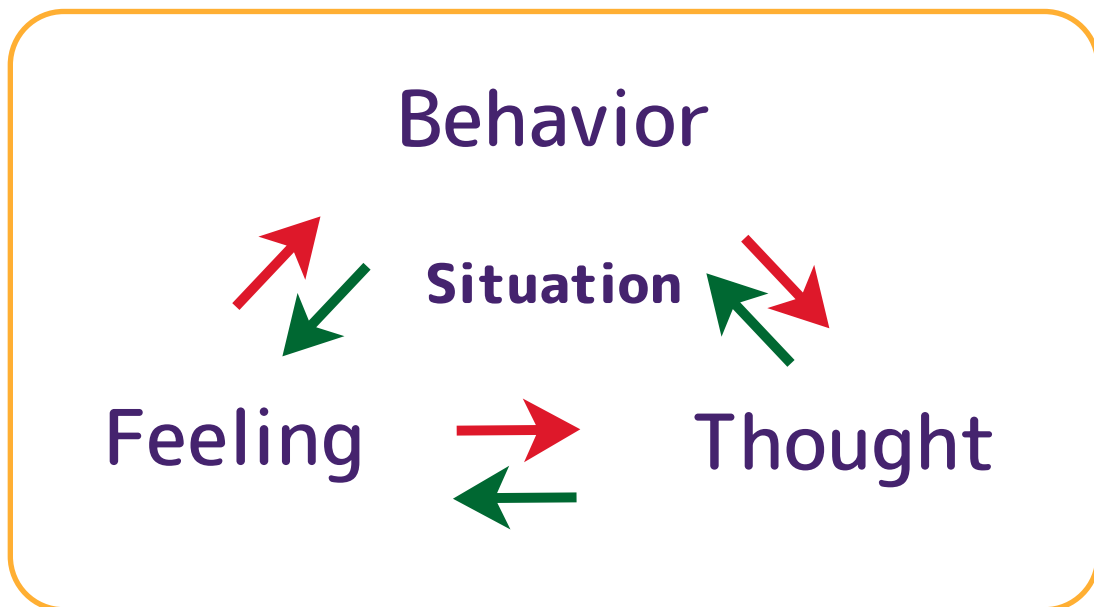
Can you give some examples of symptoms of stress?





Activity 3- Causes of stress

Your thoughts influence your perception of stress.



Activity 4

Which exercises help you best against stress?



Activity 5

Breathing exercise:
4 counts in, hold for 2 counts, 6 counts out on a Fff, hold for 2 counts. X 8

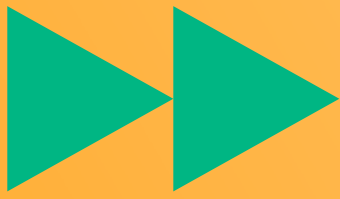


What will I take away from this training? What have I learned?
What do I find important to remember?



WORKING
WITH TALENT

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Everyone has unique qualities that they can use in their personal or professional development. In this training you will learn to map these to recognize them..



Activity 1 Values

This training will give you insight into your unique personal qualities.
See Appendix 1.



Activity 2- I want/I can/I am/I know/I have*

I know

I can

I am

I have

I want

Appendix 1

Values list

This is a list of examples of life values. The list is not exhaustive, in any way complete or official. There may be words included that are unclear, culture-specific, or abstract. Ask for clarification if necessary.

Tolerance: Being open to and accepting who I am, what others are like, what life brings, etc.

Adventure: Being adventurous; actively seeking, creating, or exploring new or exciting experiences.

Assertiveness: Standing up for my rights in a respectful manner and asking for what I want.

Authenticity: Be sincere, don't pretend; be yourself.

Beauty: Appreciating, creating, nurturing or cultivating beauty in myself, others, the environment, etc.

Caring: Taking care of myself, others, the environment, etc.

Challenge: Continuing to challenge to grow, learn, and develop myself.

Compassion: Do something nice for people who are having a hard time

Nature: green and animals

Health

Connection

Contributions: To contribute, offer help, provide assistance or make a positive difference to myself or others.

Compliance: Respect and comply with rules and obligations.

Cooperation: Be helpful and willing to cooperate.

Courage: To be brave or courageous; to persevere despite fear, danger, or difficulty.

Power supply

Creativity

Curiosity To be interested; to investigate and discover.

Encouragement: Encouraging and rewarding behavior that I value in myself or others.

Equality: Treating others the same as I treat myself, and vice versa.

Enthusiasm: Seeking out, setting up, and participating in activities that are stimulating or exciting.

Condition: Maintain or improve my fitness; pay attention to my physical and mental health and my well-being.

Flexibility: Being able to adapt easily to changing circumstances.

Freedom: To live my life in freedom; to choose how I live and behave, or to help others do the same.

Friendliness

Pleasure

Generosity

Gratitude

Humor

Modesty

Stake: To be diligent, industrious, devoted.

Independence: Being independent and deciding for myself how I approach things.

Intimacy: Opening myself up, expressing myself and exposing myself – emotionally or physically – in relationships with people close to me.

Justice: To be for righteousness and justice.

Love

Order: Be neat and efficient.

Power

Reciprocity: Establishing relationships with others in which give and take are well balanced.

Respect: Treat myself and others with respect; be polite, considerate, and show positive appreciation.

Responsibility: Being responsible and taking accountability for my actions.

Safety: Protect or keep myself or others from danger.

Self-awareness: Being aware of my own thoughts, feelings and actions.

Self-care: Take care of my health and well-being, and ensure that my needs are met.

Self-development: To continue to grow, progress, or seek improvement in knowledge, skills, character, or life experience.

Self-control

Sexuality: Discovering or expressing my sexuality.

Spirituality: Connecting to things bigger than myself.

Skill: To continually practice and improve my skills and to give my full effort when using them.

Support: Offering support, being helpful, giving encouragement and being there for myself or others.

To trust: To be trustworthy; to be loyal, faithful, sincere and reliable.

Write your own unlisted value here:

Appendix 2 Talents and competencies

CARING	CHEERFUL	CONFIDENT
SOCIABLE	EASY-GOING	ORGANIZER
MODEST	FRIENDLY	AMBITIOUS
INTELLIGENT	CREATIVE	HELPFUL
SENSITIVE	RELIABLE	NEAT/CLEAN/EFFICIENT
DETERMINED	VERSATILE	BRAVE
DIRECT	SUBTLE	ENTHUSIASTIC
FUNNY	INDEPENDENT	CALM
SERIOUS	GENEROUS	RESPECTFUL
PRACTICAL	ENERGETIC	ATTENTIVE
STRONG/POWERFUL	HONEST	PATIENT
OPEN-MINDED	RESPONSIBLE	SPONTANEOUS
PERSUASIVE	FLEXIBLE	DILIGENT
SKILLFUL	MEDIATOR	CHEERFUL
BALANCED	ADVENTUROUS	DEDICATED
GOAL-ORIENTED	PERSEVERANT (NEVER GIVE UP)	RELAXED
INTERESTED	A GOOD LISTENER	DETERMINED
IDEALISTIC	ANALYTICAL	DISCIPLINED
TOLERANT	INSPIRING	STAND UP FOR YOURSELF
COURAGEOUS	TAKES INITIATIVE	RELIABLE

Appendix 3 Talents and competencies

Ambitious/Eager to learn

Sincerely

Multilingual

Caring

Dapper

Creatively

Dedicated

Flexible

Fast

Friendly

Generous

Good at time management

Good at solving problems

Can listen well

Helpful

Honestly

Humorous

Kind/loving

Motivated

Optimistic

Open-minded

Correctly

Patient

Steadfast

Responsible

Controlled

Team-oriented

Tolerant

Trustworthy

Versatile

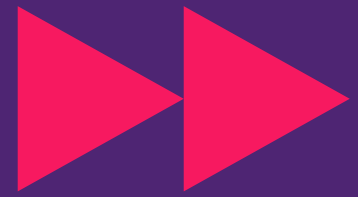
Efficient

What will I take away from this training? What have I learned?
What do I find important to remember?



PERSONAL GOALS

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In this training, you will work on your personal goals, because connecting with a sustainable and green society starts with discovering your own strengths.

Perhaps you already know where your talents lie, or perhaps you still need to think about it. You have unique qualities that you can use for both your personal and professional development. During the training, you'll learn how to recognize and identify these qualities so you can effectively utilize them for your growth.



Activity 1- Setting goals



Goals			
Action points			

When considering 'goals', consider the following points:

1. Think of a positive goal
2. Choose a goal you can achieve
3. Think about the action you need to take to achieve your goal
4. Set concrete goals so you know when you've achieved them

Example Setting Goals



Goals	Exercise	Healthy Eating	Quit Smoking
Action points	Walk for half an hour every day	Cook for yourself	Ask a doctor for help

Activity 2– Your personal pitch

THEORY

A pitch is a short (1 minute) presentation about a product, idea, or yourself. You tell a short story about yourself, your qualities and what you makes you happy. This is different for everyone, but if you have a good pitch the more likely it is that people remember you.

You can use (parts of) your pitch during conversations in your network, in a job interview or in your application letter. Standing on stage and telling your story will boost your confidence!

Wordlists

1. Hope: Positive thoughts and dreams

Dutch	Arabic	Ukrainian	French	English
Vertrouwen	ثقة	Довіряти	Confiance	Trust
Geest	روح	Свідомість	Esprit	Mind
Verdrietig	حزين	Сумний	Triste	Sad
Gedachten	أفكار	Думки	Pensées	Thoughts
Waardevol	ذو قيمة	Цінний	Précieux	Valuable
Geliefd	محبوب	Коханий	Apprécie/Aimé	Loved
Toestemming	الاذن	Дозвіл	Consentement	Consent/Permission
Bleven (Blijven)	بقي	Залишився	Est resté (Rester)	Remained (To remain)
Waarneming	ملاحظة	Спостереження	Perception	Perception
Bewaken	مراقبة	Охороняти	Surveiller	To guard
Stemming	مزاج	Настрій	Vote	Mood
Steunen	يدعم	Підтримувати	Soutenir	To support
Bereiken	تحقيق	Досягати	Atteindre	To achieve

Lithuanian	Italian	Spanish	Greek
Pasitikėjimas	Sicuro di se stesso	Confianza	Εμπιστοσύνη
Protas	Mente	Mente	Νους
Liūdesys	Triste	Triste	Λυπημένος
Mintys	Pensieri	Pensamientos	Σκέψεις
Vertingumas	Prezioso	Valioso	Πολύτιμος
Meilė	Amato	Amado	Αγαπημένος
Sutikimas / leidimas	Consenso/ Permesso	Consentimiento/ Permisio	Συναίνεση/Άδεια
Išlikimas (išlikti)	Rimanere	Permanecer	Έμεινε (Να παραμείνει)
Suvokimas	Percezione	Percepción	Αντίληψη
Saugoti	Proteggere	Proteger	Να φυλάσσω
Nuotaika	Umore	Estado de ánimo	Να φυλάσσω
Remti	Supporto	Apoyar	Να υποστηρίξω

2. Identity: Who am I?

Dutch	Arabic	Ukrainian	French	English
Aangeboren	خلقي	вроджений	Inné	Innate
Aangeleerde	تعلمت	навчився	Appris	Learned
Eigenschappen	الخصائص	властивості	Propriétés	Characteristics
Nature	طبيعة	природа	Nature	Nature
Nurture	تنشئة	виховувати	Nourir?	Nurture
Biologie	مادة الاحياء	біологія	Biologie	Biology
Genetica	علم الوراثة	генетика	Génétique	Genetics
DNA	الحمض النووي	ДНК	ADN	DNA
Samengesteld	مجتمعة	складений	Constitué	Composed
Gemeenschappelijk	مشتركة	загальний	Commun	Communal
Innerlijk	داخليا	внутрішній	Intérieur	Inner
Uiterlijk	خارجيا	зовнішній вигляд	Extérieur	External
Persoonlijkheid	شخصية	особистість	Personnalité	Personality
Gemeenschap	تواصل اجتماعي	спільнота	communauté	Community
Kenmerken	مميزات	характеристики	Caractéristiques	Characteristics
Zelfbeeld	صورة ذاتية	власний імідж	Image de soi	Self-image
Meervoudig	مضاعف	множинні	Multiple	Multiple
Kwaliteiten	الصفات	якості	Qualités	Qualities
Herleven	إعادة احياء	оживити	Revivre	To revive
Karakter	صفة	характер	Caractère	Character
Trots/Fier	فخور اعتزاز /	гордість/ гордий	Fière	Proud
Invloed	تأثير	вплив	Influence	Impact
Situatie	موقف	ситуація	Situation	Situation
Bewust	واعي	обізнаний	Conscient	Aware
Zintuigen	حواس	почуття	Sens	Senses
Realiteit	واقع	реальність	Réalité	Reality
Beschrijven	وصف	описувати	Décrire	To describe
Droevige	حزين	сумно	Triste	Sad
Ervaringen	خبرة	досвідчений	Expériences	Experiences

2. Identity: Who am I?

Lithuanian	Italian	Spanish	Greek
Įgimta	Innato	Innato	Έμφυτος
Įgyta	Imparato	Aprendido	Μαθημένος
Charakteristika	Caratteristica	Característico	Χαρακτηριστικό
Prigimtis	Natura	Naturaleza	Φύση
Auklėjimas	Allevamento	Crianza	Ανατροφή
Biologija	Biologia	Biología	Βιολογία
Genetika	Genetica	Genética	ΓΕΝΕΤΙΚΗ
DNR	DNA	ADN	DNA
Sudėtinė	Composto	Compuesto	Σύνθετος
Bendruomeninė	Comunale	Comunal	Κοινοτικός
Vidinė	Interno	Interior	Εσωτερικός
Išorinė	Esterno	Externo	Εξωτερικός
Asmenybė	Personalità	Personalidad	Προσωπικότητα
Bendruomenė	Comunità	Comunidad	Κοινότητα
Bruožai	Immagine di sé	Autoimagen	Αυτοεικόνα
Asmeninis įvaizdis	Proprietà	Propiedades	Ιδιότητες
Daugialypė	Molteplici	Múltiple	Πολλαπλός
Savybės	Qualità	Cualidades	Ποιότητες
Atgaivinti	Ravvivare	Revivir	Να αναζωογονώ
Charakteris	Carattere	Carácter	Χαρακτήρας
Pasididžiavimas	Orgoglioso	Orgullosa	Περήφανος
Poveikis	Impatto	Impacto	Αντίκτυπο
Situacija	Situazione	Situación	Κατάσταση
Sąmoningumas	Cosciente	Consciente	Συνειδητός
Pojūčiai	Sensi	Sentidos	Αισθήσεις
Realybė	Realtà	Realidad	Πραγματικότητα
Apibūdinti	Descrivere	Describir	Να περιγράψω
Liūdnas	Triste	Triste	λυπημένο
Patirtis	Esperienza	Experiencia	Εμπειρία

3. Safety

Dutch	Arabic	Ukrainian	French	English
Manipulatief	متلاعبة	Маніпулятивний	Manipulateur	Manipulative
Zelfvertrouwen	الثقة بالنفس	Самовпевненість	Confiance en soi	Self-confidence
Vermoeidheid	اعياء	Втома	Fatigue	Fatigue
Aanraken	يلمس	Торкатися	Touchant	To touch
Schadelijk	ضار	Шкідливий	Nocif	Harmful
Zelfvertrouwen	الثقة بالنفس	Самовпевненість	Confiance en soi	Self-confidence
In mijn spullen neuzen	التطفل في اشياءني	Ритися в моїх речах	Fouiller dans mes affaires	Rummage through my things
Ongegrond	غير صحيحة	Необґрунтовано	Infondé	Unfounded
Bekritisieren	ينتقد	Критикувати	Critiquer/reprocher	To criticise
Voor gek zetten	للاستهزاء ب	Висміювати	Se ridiculiser	Make a fool of...
Beschermen	لتحمي	Захищати	Protéger	To protect
Rol	دور	Роль	Rôle	Role
Diep	عميق	Глибоко	Profondément	Deep
Mening	راي	Думка	Avis/ Opignon	Opinion
Huishouden	اعمال منزلية	Домогосподарство	Ménage	Household

Lithuanian	Italian	Spanish	Greek
Manipuliavimas	Manipolatore	Manipulador	Χειραγωγικός
Pasitikėjimas savimi	Fiducia in sé stessi	Confianza en sí mismo	Αυτοπεποίθηση
Nuovargis	Fatica	Fatiga	Κόπωση
Liesti	Toccare	Tocar	Να αγγίζω
Savigarba	Dannoso	Dañino	Βλαβερός
Žalingas	Autostima	Autoestima	Αυτοπεποίθηση
Knaisiotis Po Mano Daiktus	Rovistando tra le mie cose	Hurgar entre mis cosas	Ψάχνω στα πράγματα μου
Nepagrįstas	Infondato	Infundado	Αβάσιμος
Kritikuoti	Criticare	Criticar	Να επικρίνω
Išjuokti	Fare la figura del ridicolo	Hacer el ridículo...	Να κάνω θεό του κάποιου
Apsaugoti	Proteggere	Proteger	Να προστατεύω
Vaidmuo	Ruolo	Rol	Ρόλος
Gilus	Profundo	Profundo	Βαθύς
Nuomonė	Opinione	Opinión	Γνώμη
Namų ūkis	Casa	Hogar	Νοικοκυριό

4. Connectedness, connections and support

Dutch	Arabic	Ukrainian	French	English
Steun	دعم	Підтримка	Soutien	Support
Verbonden voelen	يشعر بالاتصال	Відчуття зв'язку	Se sentir connecté	Feel connected
Ergens bij horen	ان تكون جزءا من شيء ما	Приналежність до чогось	Appartenance à quelque chose	Belong to
Vreugde	مرح	радість	Joie	Joy
Kracht	قوة	Потужність	Pouvoir	Power
Beïnvloeden	يؤثر	Впливати	Influencer	To influence
Achterlaten	يتترك خلفك	Залишати	Laisser	Leave behind
Verlaten	يغادر	Покидати	Quitter	Abandoned
Opbouwen	انشاء	Нарощувати	Construire	To build up
Eng	مخيف	Обмежений	Effrayant	Scary
Moeite waard	يستحق العناء	Вартий того	Valoir la peine	Worthwhile
Netwerk	شبكة اتصال	Мережа	Réseau	Network
Dagelijks	يومي	Щодня	Quotidiennement	Daily
Mentor	مرشد	Наставник	Mentor	Mentor
Benaderen	الاقتراب	Підходити	Approcher	To approach
Indruk	الانطباع	Враження	Impression	Impression
Manipuleren	معالجة	Маніпулювати	Manipuler	To manipulate
Veroorzaken	السبب	Причина	Cause	Cause
Vertrouwen	الثقة	Довіра	Confiance	Trust
Angst	الخوف	Страх	Peur	Anxiety
Veilig	آمن	Безпека	En sécurité	Safe
Gespreksvaardigheid	مهارة المحادثة	Мовленнєві навички	Aptitude à parler oralement	Speaking skills
Relatie	علاقة	Відношення	Relation	Relation
Gezond/ongezond	صحي/غير صحي	Здоровий/нездоровий	Sain /Malsain	Healthy/unhealthy

4. Connectedness, connections and support

Lithuanian	Italian	Spanish	English
Parama	Supporto	Apoyo	Υποστήριξη
Kad esi susijęs	Sentirsi connesso	Sentirse conectado	Νιώθω συνδεδεμένος
Priklausymas	Appartenere	Pertenecer	Ανήκω σε
Džiaugsmas	Allegria	Alegría	Χαρά
Galia	Potere	Poder	Δύναμη
Įtaka	Influenzare	Influir	Να επηρεάζω
Palikimas	Lasciarsi alle spalle	Dejar atrás	Να αφήσω πίσω
Apleistas	Abbandonato	Abandonado	Εγκατάλειψη
Kūrimas	Costruire	Construir	Να δημιουργώ
Baimė	Allarmante	Aterrador	Τρομακτικό
Vertingumas	Ne vale la pena	Vale la pena	Αξιόλογο
Tinklas	Griglia	Red	Δίκτυο
Kasdienybė	Diario	Diario	Καθημερινά
Mentorius	Mentore	Mentor	Μέντορας
Priartėjimas	Approccio	Acercarse	Να προσεγγίζω
Įspūdis	Impressione	Impresión	Εντύπωση
Manipuliavimas	Manipolare	Manipular	Να χειραγωγώ
Priežastis	Causa	Causa	Αιτία
Pasitikėjimas	Fiducia	Confianza	Εμπιστοσύνη
Nerimas	Ansia	Ansiedad	Ανησυχία
Saugumas	Sicuro	Seguro	Ασφαλής
Kalbėjimo įgūdžiai	Capacità di parlare	Habilidades para hablar	Δεξιότητες ομιλίας
Santykiai	Relazione	Relación	Σχέση
Sveikas / Nesveikas	Sano/non sano	Saludable/insalubre	Υγιής/ανθυγιής

5. Resilience

Dutch	Arabic	Ukrainian	French	English
Veerkracht	مرونة	Стійкість	Résilience	Resilience
Mentaal	عقليا	Розумовий	Mental	Mental
Motivatie	تحفيز	Митивація	Motivation	Motivation
Symptomen	اعراض	Симптоми	Symptômes	Symptoms
Hartslag	نبض القلب	Серцебиття	Fréquence cardiaque	Pulse
Bloeddruk	ضغط الدم	Артеріальний тиск	Tension artérielle	Blood pressure
Chronisch	مزمن	Хронічний	Chronique	Chronic
Hormoon	هرمون	Гормон	Hormone	Hormone
Geïrriteerd	مزعج	Роздратований	Irrité	Irritated
Concentratie	تركيز	Концентрація	Concentration	Concentration
Piekeren	قلق	Обмірковувати	S'inquiéter	To brood
Attitude	موقف سلوكي	Ставлення	Attitude	Attitude
Situatie	الموقف	Ситуація	Situation	Situation
Coping/Omgaan met	التأقلم /التعامل مع	Впоратися/ мати справу з	Faire face à/ Traiter	Cope with/Coping
Gebeurtenis	حدث	Подія	Événements	Event
Vermoeid	مرهق	Втомлений	Fatigue	Weary
Lichaam	جسم	Тіло	Corps	Body
Ontspannen	الإسترخاء	Розслаблений	Se détendre	To relax
Oorzaken	أسباب	Причини	Causes	Causes

Lithuanian	Italian	Spanish	Greek
Atsparumas	Resilienza	Resiliencia	Ανθεκτικότητα
Psichinis	Mentale	Mental	Ψυχική
Motyvacija	Motivazione	Motivación	Κίνητρο
Simptomai	Sintomi	Síntomas	Συμπτώματα
Pulsas	Pulsioni	Pulso	Σφυγμός
Kraujospūdis	Pressione sanguigna	Presión arterial	Αρτηριακή πίεση
Lėtinis	Cronico	Crónico	Χρόνιος
Hormonas	Ormoni	Hormona	Ορμόνη
Dirglus	Irritato	Irritado	Εκνευρισμένος
Koncentracija	Concentrazione	Concentración	Συγκέντρωση
Mąstyti	Pensare	Pensar	Να σκέφτομαι συνεχώς
Požiūris	Atteggiamento	Actitud	Στάση
Situacija	Situazione	Situación	Κατάσταση
Susidoroti / Susidorojimas	Affrontare	Afrontar	Αντιμετωπίζω/αντιμετώπιση
Įvykis	Situazione	Evento	Γεγονός
Nuovargis	Fatica	Cansancio	Κουρασμένος
Kūnas	Corpo	Cuerpo	Σώμα
Atsipalaiduoti	Rilassarsi	Relajarse	Να χαλαρώνω
Priežastys	Cause	Causas	Αιτίες

6. Working with talent

Dutch	Arabic	Ukrainian	French	English
Kwaliteiten	الصفات	Якості	Qualités	Qualities
Vaardigheden	مهارات	Навички	Compétences	Skills
Talenten	مواهب	Таланти	Talents	Talents
Zorgzaam	رعاية	Турботливий	Bienveillance	Caring
Humoristisch	روح الدعابة	З почуттям гумору	Humoristique	Humorous
Geduldig	صبور	пацієнт	Patient	Patient
Eerlijk	صراحة	Справедливий	Honnête	Honest
Loyaal	مخلص	Самовідданий	Loyal	Loyal
Opvrolijken	سطع	Підбадьорити	Réconforter	To cheer up
Rituelen	طقوس	Ритуали	Rituels	Rituals
Bescheiden	محتشم	Скромний	Modeste	Modest
Vastbesloten	يحدد	Рішучий	Déterminé à	Determined
Ruimdenkend	منفتح	Відкритий	Ouverture d'esprit	Open-minded
Overtuigend	مقتنع	Переконливий	Persuasif	Convincing
Evenwichtig	متوازن	Збалансований	Equilibre	Balanced
Doelgericht	موجهة نحو الهدف	Цілеспрямований	Ciblé	Targeted
Belangstellend	مهتم بالامر	Зацікавлений	Intéressé	Interested
Tolerant	متسامح	Толерантний	Tolérant	Tolerant
Durf	تجرؤ	Сміливий	Audace	Dare
Doorzetter	انطلق	Здобувач	Persévérant	Go-getter
Bemiddelaar	وسيط	Посередник	Médiateur	Mediator
Vrijgevig	كريم	Щедрий	Généreux	Generous
Subtiel	رقيق	Тонкий	Subtil	Subtle
Veelzijdig	متعدد الجوانب والاستعمالات	Універсальний	Polyvalent	Versatile
Betrouwbaar	جدير بالثقة	Заслугує на довіру	Fiable	Trustworthy
Zelfverzekerd	واثق	Впевнений	Confiant	Confident
Ambitieux	طموح	Амбітний	Ambitieux	Ambitious
Dapper	شجاع	Хоробрий	Courageux	Courageous
Attent	وقور	Уважний	Attentif	Considerate
Spontaan	بطريقة عفوية	Спонтанний	Spontané	Spontaneous
IJverig	مجتهد	Старанний	Diligent	Diligent
Opgewekt	فرح	Збуджений	Joyeux	Excited
Toegewijd	مخلص	Посвячений	Dédié/ dévoué	Committed
Vastberaden	يحدد	Визначений	Déterminer	Determined
Gedisciplineerd	منضبط	Дисциплінований	Discipliner	Disciplined
Beheerst	يتقن	Контрольований	Maitrise	Controlled

6. Working with talent

Lithuanian	Italian	Spanish	Greek
Savybės	Qualità	Cualidades	Ιδιότητες
Įgūdžiai	Abilità	Habilidades	Δεξιότητες
Talentai	Talenti	Talentos	Ταλέντα
Rūpestingas	Affettuoso	Cariñoso	Φροντιστικός
Turintis humoro jausmą	Umoristico	Humorístico	Υπομονετικός
Kantrus	Paziente	Paciente	Ειλικρινής
Sąžiningas	Onesto	Honesto	Πιστός
Ištikimas	Leale	Leal	Να ενθαρρύνω
Gebantis pras- kaidrinti nuotaiką	Incoraggiare	Animar	Τελετουργίες
Vertinantis Ritualus	Rituali	Rituales	Σεμνός
Kuklus	Modesto	Modesto	Αποφασιστικός
Ryžtingas	Determinato	Determinado	Ανοιχτόμυαλος
Atviras Naujoms Idėjoms	Mente aperta	Mente abierta	Πειστικός
Įtikinamas	Convincente	Convincente	Ισορροπημένος
Subalansuotas	Equilibrato	Equilibrado	Στοχευμένος
Kryptingas	Obiettivo	Objetivo	Ενδιαφερόμενος
Besidomintis	Interessato	Interesado	Ανεκτικός
Tolerantiškas	Tollerante	Tolerante	Τολμώ
Drįstantis Imtis Veiksmų	Grassetto	Atrevido	Δυναμικός
Veiklus ir iniciatyvus	Imprenditore	Emprendedor	Διαμεσολαβητής
Gebantis tarpininkauti	Mediatore	Mediador	Γενναιόδωρος
Dosnus	Generoso	Generoso	Λεπτός
Taktiškas	Impercettibile	Sutil	Ευέλικτος
Universalus	Versalite	Versátil	Αξιόπιστος
Patikimas	Affidabile	Confiable	Αυτοπεποίθητος
Savimi pasitikintis	Sicuro	Seguro	Φιλόδοξος
Ambicingas	Ambizioso	Ambicioso	Θαρραλέος
Drąsus	Coraggioso	Valiente	γενναίος
Dėmesingas Kitiems	Considerato	Considerado	Προσεκτικός
Spontaniškas	Spontaneo	Espontáneo	Αυθόρμητος
Darbštus	Diligente	Diligente	Επιμελής
Entuziastingas	Entusiasta	Entusiasmo	Ενθουσιασμένος
Atsidavęs	Impegnato	Comprometido	Αφοσιωμένος
Drausmingas	Determinato	Determinado	Αποφασιστικός
Susivaldęs	Disciplinato	Disciplinado	πειθαρχημένος
Kontroliuojamas	Controllato	Controlado	Ελεγχόμενος

7. Personal goals

Dutch	Arabic	Ukrainian	French	English
Doel	هدف	Мета	But	Goal
Droombaan	وظيفة احلامي	Омріяна робота	Job derêve	Dream job
Trede	خطوة	Крок	Etape	Step
Richting	اتجاه	Напрямок	Direction	Direction
Realistisch	واقعي	Реалістичний	Réaliste	Realistic
Actiepunten	نقاط العمل	Точки дії	Points d'action	Action points
Verlangen	رغبة	Бажати	Désir	To desire
Bereikbaar/ Onbereikbaar	متاحة/غير متاحة	Досяжно/ недосяжно	réalisable/ inaccessible	Attainable/unattainabl
Stappenplan	دليل تفصيلي	Дорожна карта	Feuille de route	Roadmap
Vrijwilligerswerk	عمل تطوعي	Волонтерська робота	Travail bénévole	Voluntary work
Halen	يحضر	Отримати	Réaliser	To get
Wens	امنية	Бажання	Désir	Wish

Lithuanian	Italian	Spanish	Greek
Tikslas	Obiettivo	Objetivo	Στόχος
Svajonių Darb	Lavoro dei sogni	Trabajo soñado	Όνειρο δουλειάς
Žingsnis	Superato	Paso	Βήμα
Kryptis	Direzione	Dirección	Κατεύθυνση
Realistiškas	Realista	Realista	Ρεαλιστικός
Veiksmi	Punti di azione	Puntos de acción	Σημεία δράσης
Noras	Volere	Desear	Να επιθυμώ
Pasiekiamas / Ne- pasiekiamas	Raggiungibile/Irra- ggiungibile	Alcanzable/ inalcanzable	Εφικτός/ ανεφίκτος
Planas	Tabella di marcia	Hoja de ruta	Χάρτης δρόμου
Savanoriška veikla	Lavoro volontario	Trabajo voluntari	Εθελοντική εργασία
Gauti	Ottenere	Conseguir	Να παίρνω
Noras	Desiderio	Deseo	Επιθυμία

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