



SUPPORT ME COMPETENCE: SELF-AWARENESS

Issued by:

Earned by:

Issued on:

DESCRIPTION

This badge was delivered by the pedagogical team of (name of the organisation or association).

CRITERIA

This badge of competence has been attributed to a beneficiary who has managed to clearly identify the competence by participating actively in the different Support Me pedagogical activities, which consisted of observation, reflection, role-playing, simulations, quizzes, escape games.

This combination of activities put the beneficiary in various situations where he / she had to act and reflect, which allowed him / her to identify the way that he / she personally related to the competence.

The activities, created by the project Support Me consortium funded by Erasmus +, have been conducted during the training session (name)..... for a period of (hours or days).

Obtaining this badge indicates that the beneficiary is able to recognise the competence as:

- The ability to understand one's own identity, emotions, thoughts and values.
- The capacity to recognise one's strengths and limitations.
- The ability to learn from one's mistakes.
- The capacity to situate oneself in space and time.