

Introduction

Icebreaker

Introduction of trainers:

Motivational speech (Coast guard have to: save lives, find illicit goods, protect the Libyan resources). Emphasise that *this training module is not understood as “teaching” experienced Libyan officers, it should be understood as an exchange of different expertise and best practice.*

Introduction of the participants on individual base: present each other (age, police/coast guard experience, family, hobby and 3 words about their expectations of the course).

For 10 senior officers *The hand exercise:*

Exercise “The Hand”

Aim of the exercise:

In this exercise the participants and the trainer(s) start to learn about one and other. Furthermore, there will be a commencement of being able to reflect on own personality and self-image by means of tasked questions.

Activity:

After a short introduction of the exercise the trainer hands out the hardcopy of the exercise. For the view on leadership the student will summarised the prepared task.

This exercise will be conducted individually and the outcomes will be plenary presented.

Total time exercise is 20 preparation 10 minutes’ individual presentation and 5 minutes’ feedback on performance

Product of the exercise:

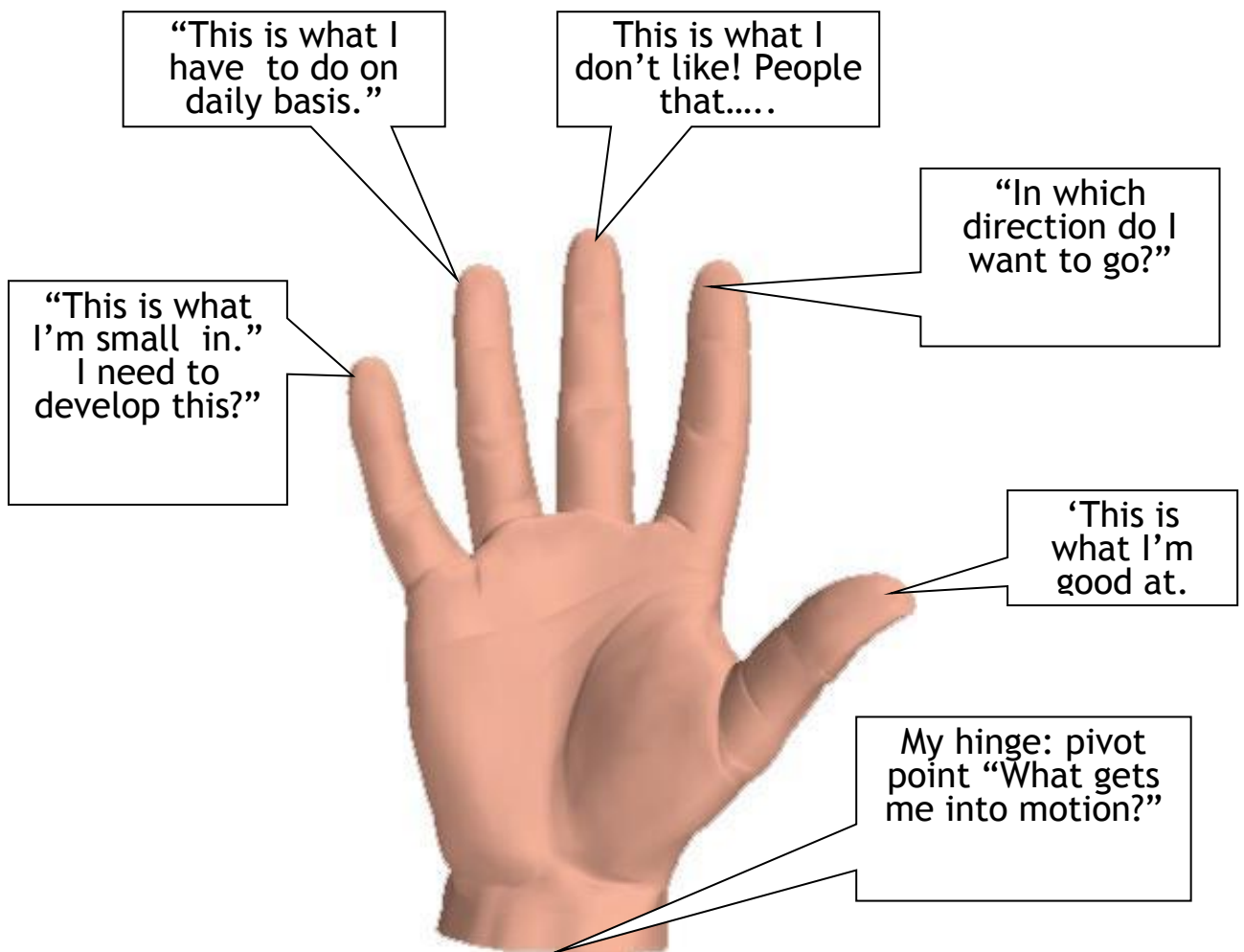
Participant has introduced him/herself to fellow participants and trainer(s). Has herewith given insight in his/her reflective skills. Has spoken in front of a group, asked and answered questions.

Exercise "The Hand"

- Each participant must draw his/her hand on a flipchart.
- Answer all questions stated in the separate boxes using keywords only
- Your answers and explanations should be based on you: in your private life as well as in your job. (*Try to use your character traits*)
- In short tell something about your private life and your career in Coast Guard thus far.

You have **20 minutes** to complete this task. After this, each participant, will present his/her complete task in front of the classroom

Name: _____



Introducing yourself never ends