

ONLINE TRAINING ON SKILLS RECOGNITION

6th online workshop on how to review badge evidence

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WHAT'S THE PROOF? (The evidence)

" It's like proving you can ride a bike - you can tell us, but showing us makes it real..."

"...We need evidence that truly shows the person did the thing the badge asks for."

WHAT'S THE PROOF? (The evidence)

- Link to criteria
- Different formats: text, pdf, link to video or website, visual, voice message,
- Authentic





View all badges

#promote mental health

attend sports training

show social competen...

https://global.cityofl. Copy

Radge issuer recognized with

QUALITY LABEL

Network of Cities and Regions of Learning

@ Added to playlist (1)

Conten

What is an emotional bank account?

We all know what a bank account is, right? You can deposit money and you can withdraw money. And when you have enough money your bank account you feel most probably financially good and safe. Steven Cowey, in his book 7 Habits of Highly Effective People seaks about an emotional bank account. And with this he means that you can withdraw and deposit to an imaginary emotion bank account.



How does an emotional bank account work

In a relationship you can make deposits by e.g. being kind, honest, giving compliments and keeping commitments.

- 6 major deposi
- Understanding the other
- Attending to the little things
 Keeping commitments
- · Clarifying expectations
- · Showing personal integrity
- Apologizing sincerely when you make a withdrawal

Withdrawing from the emotional bank account is natural. Examples are being bossy, assuming that you understand, breaking commitments, rejecting feedback.

What are the advantages from an emotional bank account

When you build up a reserve in a relationship, it is expected that, when something opes wrong you still have a deposit to use from the other person. So when you froget an appointment, couldn't deliver something you promised, needed to make time for someone else, then the other person so likely understands and is still aware of your good intention.

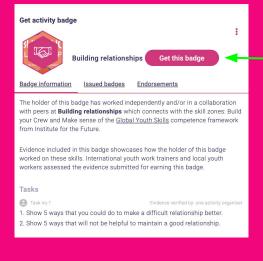
Of course an emotional bank account doesn't only work for relationships. It is also very good to have a personal bank account, where you keep promises to yourself, clarify for yourself what your values and needs are and follow them. Instead of living in stress, eating too often fast-food, and not keeping promises to yourself.

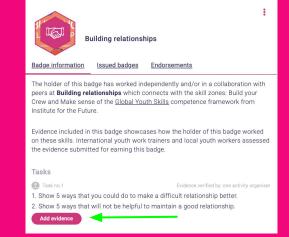
Participants of this activity can earn badges that connect to Global Youth Skills competence framework from Institute for the Future, specifically the skills zones:

- Build your Crew
- Make sense

This activity is the opportunity to get your learning acknowledged with open badges that are recognised and used globally.

HOW DO LEARNERS SUBMIT EVIDENCE



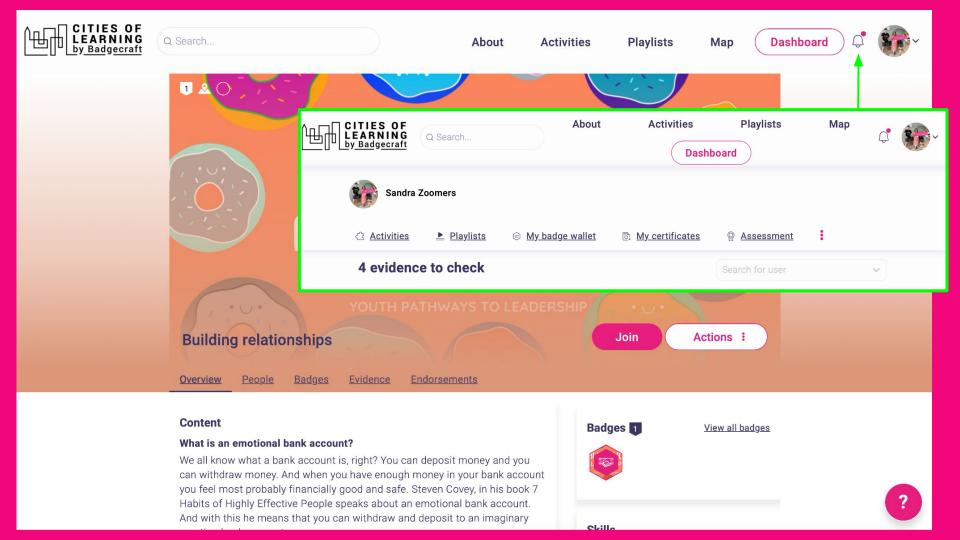


ADD EVIDENCE





WAITING FOR ACTIVITY ORGANISER





OUTH PATHWAYS TO LEADERSHIP

Building relationships

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eople

Badges

<u>Evidence</u>

Endorsements

Evidence Person A: Added text

For task 1

- 1. Show 5 ways that you could do to make a difficult relationship better.
- 2. Show 5 ways that will not be helpful to maintain a good relationship.
- 1. To Improve Difficult Relationships:
- 2. Actively listen and validate feelings.
- 3. Communicate openly and respectfully.
- 4. Set and respect boundaries.
- 5. Focus on solutions over problems.
- 6. Show empathy and patience.
- 7. What Not to Do:
- 8. Avoid issues or bottle up emotions.
- 9. Criticize or blame excessively.
- 10. Use passive-aggressive behavior.
- 11. Disrespect boundaries.
- Make assumptions instead of clarifying.



dge information Issued

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Endorsement

The holder of this badge has worked independently and/or in a collaboration with peers at **Building relationships** which connects with the skill zones: Build your Crew and Make sense of the <u>Global Youth Skills</u> competence framework from Institute for the Future.

Evidence included in this badge showcases how the holder of this badge worked on these skills. International youth work trainers and local youth workers assessed the evidence submitted for earning this badge.

Tasks

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Evidence verified by: one activity organ

- 1. Show 5 ways that you could do to make a difficult relationship better
- 2. Show 5 ways that will not be helpful to maintain a good relationship.

Add evidence

Evidence Person B: Added text and picture

For task 1

- 1. Show 5 ways that you could do to make a difficult relationship better.
- 2. Show 5 ways that will not be helpful to maintain a good relationship.

We didnt do this as an individual task but as a group so here it is.

My top 5 are:ListeningRespectCommunicationDedicationSelf love

And the not helpful are:GossipNaivenessIrritationAggressionComplaining

