

Sample Training Enthusiasm and Attitude

Objective: To develop a better understanding of being self-confident.

Materials: Dice, questions related to the topic

Activity: Small group activity. Each individual will take a turn rolling the dice and answer the question that correlates with the number on the dice.

Sample questions:

- Name one thing that you do well
- Name one thing that someone else thinks you do well
- What is one thing you can do if someone is criticizing you
- Name something you can do to help others
- Name something you wish you were better at doing
- Who is your best supporter and why