

**GOALS**

Participants get to know each other and learn the purpose of the training.

**METHODOLOGY**

Plenary discussions and group activities

**TIMESPAN**

60 to 75 minutes

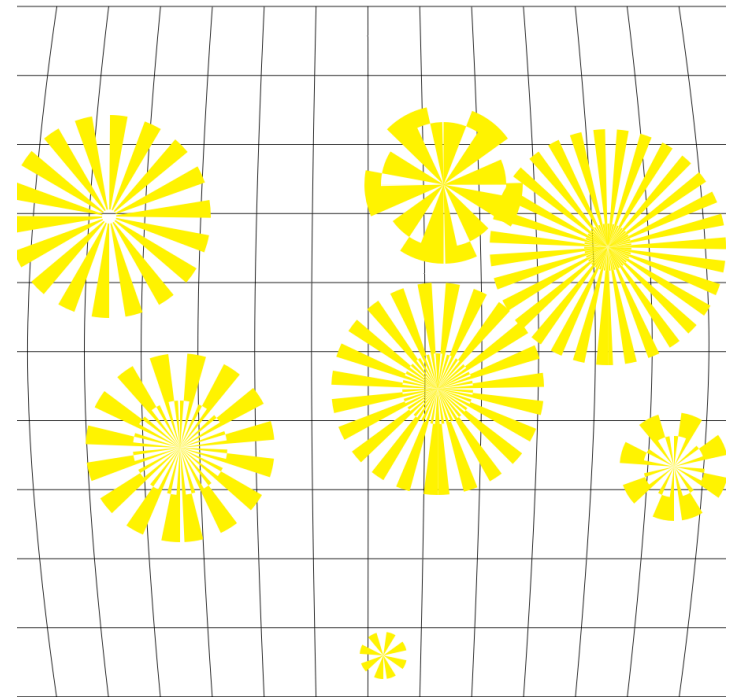
**MATERIALS**

Color paper, scissors, color markers, flip charts, sticky notes

**REMEMBER**

Prepare the flower petals beforehand; visibly write down the ground rules; everyone should make their reflection petal

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# Introduction

## MATERIALS

Color paper, scissors, color markers, flip charts,  
sticky notes

**TIMESPAN**  
60 to 75 minutes