Dr. Monika Clausen & Netzwerkpartner GmbH

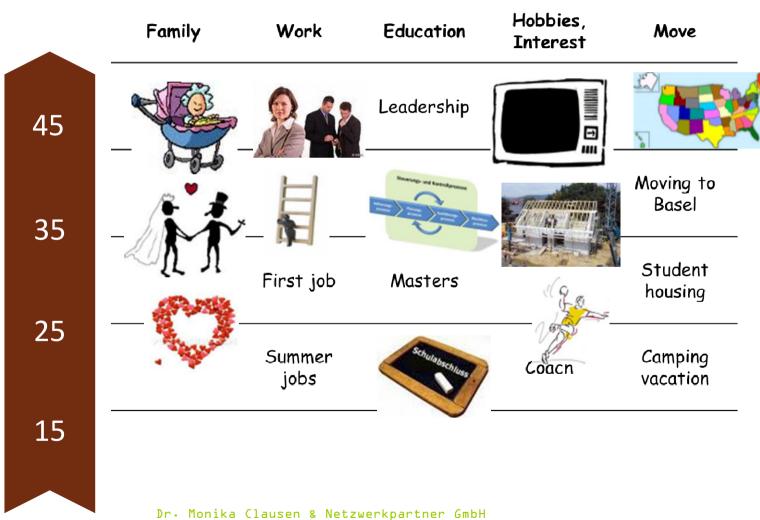
Life Profile

Go back in time and identify important periods in your life. Use 5 years periods as milestones and preferably find incidences for each of the given categories. What had happened in this period? What did you do / learn / think / feel / ...?

What made you happy? Try to find a title for each period. The life profile is the basis for our competence work. Make sure that you spend enough time to produce good and useful material for the class room. You can draw a bigger picture e.g.A3 or even use a flipchart.

Age	Today
Family and	
close relations	
Working	
experiences	
Education and	
training	
Interests and	
leisure	
Others	
(moves / being abroad)	
My emotions	

Example of a life profile



Technopark Zürich - Telefon +41 43 244 52 62