

WORKSHOP

Manual of use

A light green silhouette of a person's head and upper body, shown in profile facing left. The person's right arm is raised and bent at the elbow, with the hand open as if gesturing or pointing.

CLICHÉS

Clichés, the workshop to highlight the power to act

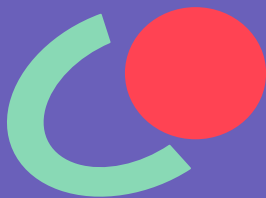
Clichés is a tool that allows you to work with the people you accompany by relying on moment in their lives where they were able to act.

Clichés makes it possible to highlight their capabilities thanks to a unique and inspiring story for them and for others, to discover that each of us has in him or her of possibilities.

Awesome ! How do you do it ?

You are going to **identify** with them and for them how they **managed to take steps** that enable them to come out of a situation that seemed impossible to overcome.

Thanks to the instructions that we offer, you will be able to animate this workshop **individually or collectively** and thus highlight the power of each one to act.

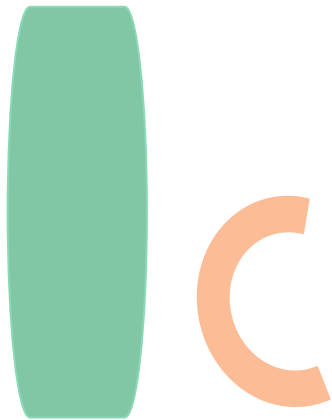


L'ateThe Clichés workshop requires you to dive into your personal history and explore difficult moments from beginning to end. As much as the moments of remobilization, its use is not advised for people who have experienced trauma.

... who's it for, when ?

Accompanying persons

Whether you are a social worker, educator, nursing home facilitator, volunteer, trainer or guidance professional, you can host a Clichés workshop



The audiences

The Clichés workshop aims to reveal the power of each person to act ! The instructions we offer are more adapted to people who are said to be in a vulnerable situation.

If you identify other key moments where the Clichés workshop was able to help you in your accompaniment practices, don't hesitate to let us know !

When ?

The Clichés workshop can be useful in several moments of the relationship between accompanying and accompanied persons.

In particular, it can be used :


- during the meeting at the beginning of the accompaniment
- when the accompanied person encounters difficulties in mobilizing and taking action
- or when the accompanying person discovers a loss of self-confidence of the accompanied person.

How does the Clichés workshop work ?



Two main steps, divided into sequences, are necessary to carry out this work, this accompaniment.



INTRODUCTION | Workshop Introduction and Privacy Framework Presentation



STEP 1 | The *role model* or inspiring person : The participant at the workshop identifies the first role model that comes to mind, then a role model in their surroundings and then focus on themselves



STEP 2 | The personal story : The participant identified in what in their story, their life course and the decisions they may have taken, they can also be an inspiring person to others ! Once their story unfolds in stages, you will help them to find their totem : the object that inspires them and symbolizes their power to act.

CLOTURE | Thank you and after the workshop

We will now describe each of these steps.



About 2H

How to prepare the workshop ?

You have decided to embark on a Clichés experience ! Whether the questions of power to act are new to you or you are a subject expert looking for new tools to explore it, we hope you enjoy this experience.

Before animating a first workshop, you can discover the different portraits made but also listen to the **podcasts** where we discover the click that led ordinary people to help others and make their life extraordinary.

To put you in good conditions, we advise you to :

- Settle in a quiet room and conducive to exchange
- Check that you have all the elements of the Clichés case : the A4 polaroids and this instruction manual ;-)

The confidentiality framework



5'



Here is a proposed privacy framework. You can read it at the participant before asking them if they want to add some values to this framework.

I propose that our exchanges respect the following values :

- **Fairness** : in this workshop, we aim to return to a relationship of fairness to ensure a sincere exchange
- **No judgment** : we are here to listen and define a personal story, not to judge the experiences of others!
- **Confidentiality** : The Clichés workshop aims to create a space of kind exchange in everyday life. What is shared will remain between you and me, unless we decide together to share the final version of the story on the Clichés site - but this sharing can be anonymized.
- **Active listening** : I promise to be in a listening posture towards you. My potential reformulations of the narrative will aim to improve its understanding while remaining neutral.

To ensure that the Clichés workshop takes place under the best possible conditions, we invite you to define a framework for exchanges and confidentiality with the accompanied person. This may seem obvious but some things are clearer for all once said !

STEP 1 | *The role model* 20'

Here is a presentation of what a role model is that you can share with the participant at the workshop



Invented by a sociologist Robert K. Merton, the “role model” is neither an idol nor a superhero but an **inspiring leader**. An inspiring portrait will help unlock a person’s potential by showing them what is possible. It is usually a person turned towards others, active in his or her community and who has initiative skills.

The inspiring portrait is not necessarily someone who has succeeded in doing what we want to do, but rather **someone who shares our values**.

Unlike the inverted role model, which is a person who has achieved a goal we want to achieve but the path they have taken are not acceptable to us.

Searching for one’s own “role model” allows everyone to become aware of their own capabilities.

Now you invite the participant to reflect on a personality, a person in his or her entourage and on himself or herself as an inspiring person. For each sequence you actively listen and take notes.



1) Find a personality that inspires you



After reflection, the participant give examples explaining why and how these people are inspiring to him or her. They can find 1 to 3 people.

2) then a remarkable person in your life



The participant is now invited to look for inspiring models in his or her entourage or in any case a person unknown to the general public. It could be a person whose background is known and who at some point has been inspiring. It can be a friend, a neighbour, a family member...

3) and finally yourself and your inspiring actions



The participant is invited to look for what in him/her, could be inspiring for others. The important thing is to slowly return to the personal life of the person and thus allow him to realize that he/she can also be a role model for the people around them. The last exercise promotes self-confidence.

Example : the moment I overcame my shyness and flirted with a boy I liked.
The moment I chose to pursue studies that I wanted
The moment I came out

Who is inspiring ?
Why they inspire me ?

What decision have you made in your lives that could inspire others ? How can I be a role model ?

STEP 2 | The personal story 🕒 1H10

In this second step, the participant is invited to reflect in depth on a personal experience.

He/she determines a time in his/her life when he/she has successfully triggered his/her “power to act”. That is to say, the moment when what seemed impossible became possible.

This can be linked to the role model, recalling that it is also inspiring for others. The participant can also choose a time that is not directly correlated with the role model exercise.

This second step is divided into 4 sequences.



Sequence #1

Tell me about yourself

 15-20'

The participant recounts her story, this “small” slice of his/her life in 15-20 minutes.

You then put yourself in an **active listening** posture : you listen, do not cut the talk, look at the person with you and **take notes**.

It will be for you to identify in the person's story the different steps that led him/her to trigger his power to act.

Without sharing it, at this stage of the exercise with the participant, you can begin to identify in the narrative the following steps : **Impossible, I'm possible**

Sequence #2

Clarification 15'



As a social worker, your questions accompany the person in highlighting his or her authority to act.

When the participant means that she/her has finished his/her story, you can go back to your notes and **raise the first general questions** to clarify the overall situation.

This helps to put history into perspective.

Examples of questions asked :

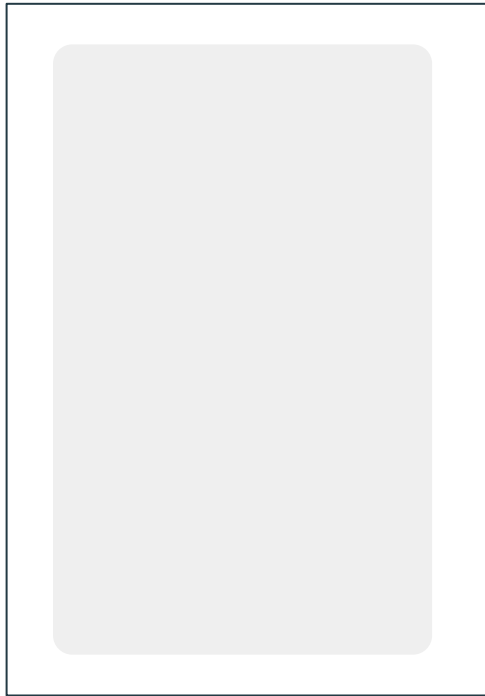
How did you feel about x ?

How did you get past that period ?

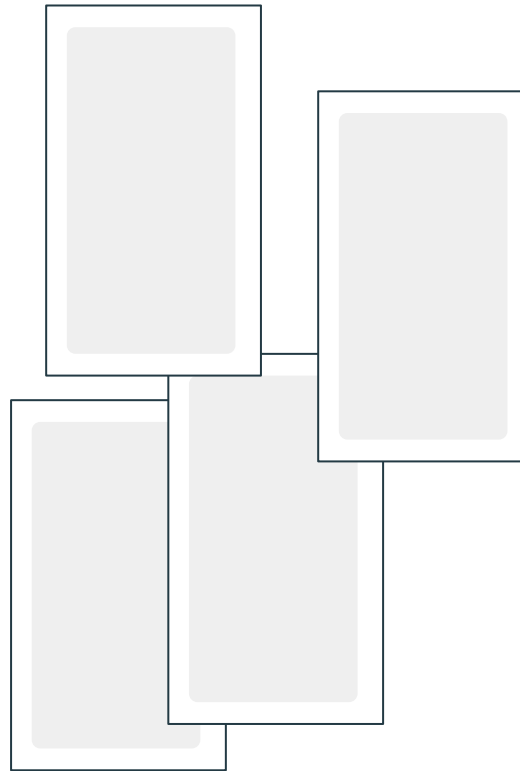
You say you felt x, what is the element that allowed you to act ?

The participant answers the questions.

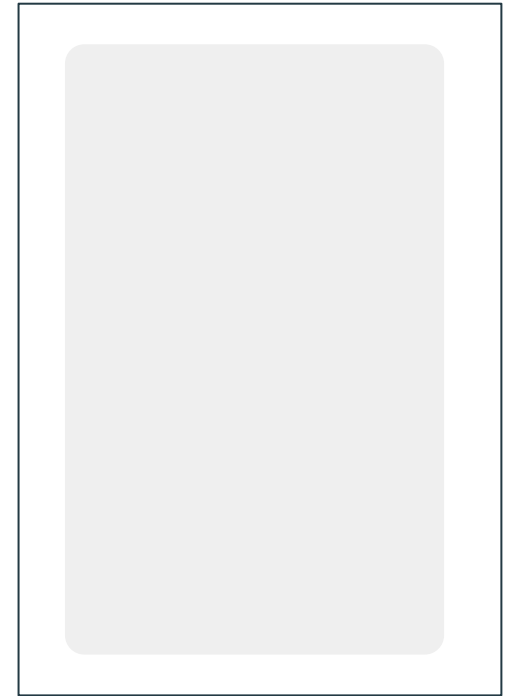
**It's the time you grab some of the
polaroid you've printed !**



IMPOSSIBLE



**AWARENESS,
CLICK, DENY,
REJECT...**



I'M_POSSIBLE

Sequence #3

From story to image



15-20'

You explain that you will reflect together on a translation into images of the participant's story.

By cutting his/her story into several stages. You accompany them in the awareness of their capacity to act and thus note the various important moments of their history.

In this division, two steps seem essential to us : **Impossible and I'm possible** (I'm my field of possibilities), but do not hesitate to define others. You can use as many polaroids as you need.

This sequence makes it possible to accompany the person to become aware of the strategy, the approach, the action, the decision, which is has put in place, sometimes without realizing it, to pass steps and leave a starting situation that seems **impossible**. It is allowing them to highlight their **power to act**.

Sequence #4

The totem, the symbol of power to act



15'

Once this cut-up is built, each step has been identified, you can help the person find the "totem", which he or she believes symbolizes his or her "power to act".

This totem can be an objet, a word, a smell, a color, a music...

It will then be the symbol that they will recall the day they need to mobilize to act.



BRAVO !

YOU HAVE REVEALED THE POWER

TO ACT !

After the workshop...

- The Clichés team would be delighted to hear your feedback on this experience. To do so, simply complete this questionnaire.
- Finally, the interest of the Clichés project is based on sharing these stories from “Impossible” to “I’m possible” with other people, who will themselves be inspired by the paths discovered. If the participant agree, you can, with a few clicks, and the possibility of anonymizing the story, share the portrait on the Clichés website : <https://clicheseu.wixsite.com/cliches> , in the “SHARE” tab.
- Find all the portraits already online in the “DISCOVER” tab of the site !

And to further enrich the experience ?

You can do the Clichés workshop in order to further enrich the exchange with the accompanied person !

Join the community Cliches to share with your peers feedback and best practices.

Clichés, a project that seeks to change its focus on vulnerabilities.
mail : cliches.eu@gmail.com