



SELF EVALUATION TOOL



Including **Chess** As a **Re-education Up-Skilling** tool

SELF EVALUATION TOOL

First phase: look back

The trainer encourages the subject to identify an event experienced and perceived as problematic and to try to describe it. Then he/she invites him/her to answer the following questions

- What happened?
 - Where were you?
 - What were you doing?
 - What was the context of the event?
 - What part did you play in what happened?
- What did others do?

Second phase: think in depth

The trainer proposes to think, interpret and analyse ideas and hypotheses related to the lived experience in depth. And he/she asks the following questions

- Why did events take that turn?
- Why did you behave that way?
- How did the context influence the experience?
- Did your past experiences influence the reaction you had?
- How did they influence your actions and thoughts at that time?

Third step: learn more about yourself

In the third step, the subject is invited to try to reconstruct the meaning of the experience.

- What did you learn from the experience?
- What could you have done to improve it?
- What did you do right and correct?
- What went wrong?
- What was your contribution?

Step four: Plan your next steps.

The subject has to reflect on the future and the possibilities of adopting new behaviour.

- What would you do if a similar situation happened to you?
- What is different from the event that actually happened?
- How would you change your behaviour in the light of what you have learnt?

Debriefing: how will what you have learnt be useful to you?

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