

# YOUUnite

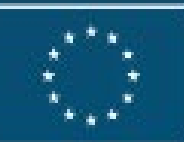
**HEY,**  
I look  
professional!

**HEY,**  
I'm qualified!

**HEY,**  
I'm prepared!

**HEY,**  
can you help  
me find a job?

**HEY,**  
I'm getting  
healthier!



Co-funded by  
the European Union



in cooperation with  
[Afit "Do it"](#)

# YOUUnite- Pilot Experiences

YOUUnite pilot summary from  
(6 sessions) 17.06.24 - 27.06.24

# agenda presentation

- goal of the project
  - project management tools
- six modules (week 1 / 2)
  - example activity “sport”
  - example schedule (run through)
- changes of behaviour
  - noticable
- take home message
  - does / don'ts
- definition of success on the level of..
  - individual / coach / project

# project goals

**YOU**nite

## Enhance the chance for labor market



labor market, relvant positions, application

---

## Built up self-confidence and beneficial knowledge in core topics

medical, nutrition, sports, stress, awareness, employment

---

## Develop beneficial and healthy routines

shopping, cooking, sports, education

---

## Develop beneficial skills for social interaction and group dynamics

active listening; awareness; feedback; criticism

# project management - tools on sight



---

## **PARTICIPANTS**

confirmation of use of foto /  
personal data

questionnaires for participants

## **COACHES**

feedback survey of the daily  
activity

material checklist

participant checklist

# 6 modules

## WEEK 1

- nutrition
- sport
- medical aspects /health
- clear model of working structure (activity orientation worksheet)
- interactive activities (participating; working together)
- high quality of knowledge (tutors)

## WEEK 2

- awareness
- employment
- stress



# session example modul: SPORT

Coaches  
on sight



template  
used for sport

1: theoretical input  
questions on personal experiences

**Personal Goal work workshop:  
Discussion Prompts**

2: outdoor activity:  
treasure hunt



**YOUnite**  
SPORT & Bewegung

**Was kann ich leicht einbauen?**

- Steig eine Station früher oder später aus
- Nimm die Treppe
- Zähneputzen?: Kniebeugen 😊
- 
- 
- 
- 
- 
- 
- 

**S - Spezifisch: Formuliere DEIN Ziel so genau wie möglich**  
**M - Messbar: Woran merkst Du, dass Du Dein Ziel erreichst?**  
**A - Attraktiv: Plane so, dass Du auch die Motivation hast, Dein Ziel zu verfolgen**  
**R - Realistisch: Ist die Aufgabe innerhalb der Zeit mit Deinen Mitteln machbar?**  
**T - Terminiert: Plane Dein Ziel: Was ist bis wann zu erledigen?**

**WHAT WENT WELL**

Schreibe auf: Was hat gut funktioniert? Auch loben will geübt werden!

**WOZU?!**  
Neue Gewohnheiten in dein Leben integrieren

Was motiviert mich?

- ✓ Playlist 🎵
- ✓ Chice Klamotte?
- ✓
- ✓

Co-funded by the European Union  
emina  
ösb Consulting  
ösb Social Innovation

## detailed time schedule

### Day 2 - YOUUnite pilot training structure: Sports Module

18/06 Dienstag	9.00 - 11.00	Sports	Philipp (all day)		
18/06 Dienstag	11.00 - 12.30	Sports	Lena (8-13)		
			Philipp		
18/06 Dienstag	12:30 - 13.30		lunch preparation		
18/06 Dienstag	13.30 - 15.00	lunchbreak	Cook Philipp from 12.00 until 15.00		shopping ahead
		Sports	Philipp	Treasure hunt goodies	Preparing sandwiches together (bread from Monday, Zsuzsa to buy spreads)

#### Session Structure:

09-11:30am Discussion / open talk about opinion to sports (What is sport; personal definition well being - performance); Where is sport; What do I need; key dimensions (taken from: Handout Sport - Activity 1 - Personal Goal work workshop: Discussion Prompts)

- **Reflecting on Personal Interests:**
- **Exploring Aspirations:**
- **Setting SMART Goals:**
- **Overcoming Challenges:**
- **Celebrating Successes:**

11:30-12:30 preparing Treasure Hunt (explaining rules and goals of the activity; discuss the potential of the exercise (element of fun/adventure-thrill seeking/ psycho-social benefit/ outside environment)

- Group discussion if treasure hunt is played either by setting marks (physical thinks to find in reality (aka Younited "Sticker" on parkbank or traffic-sign) or
- Describing spots digitally "chat function/ foto proof) and leave only the task to create a group-foto at the treasure.

# Changes in behavior .. or attitudes ..

- **Noticeable** over the run of the pilot training
  - more Engagement - less recipient
  - more social interaction – more questions
  - more sharing on personal beliefs – less self-doubt
  - higher level of enjoyment
- **attitudes more daring / open to..**
  - independancy
  - trust
  - creativity
  - personal experiences / contributions



# tips / tricks

## on conducting activities

- **highly interactive workshop tools /content**
  - kahoot questionnaire tool
  - whiteboard// mentimeter ...
  - independancy / trust / creativity
  - personal experiences / contributions
  - videos / fotos of activities
- **activities that strengthen team/social skills**
  - providing best practice examples
  - clear communication on the activity rules / goals
- **use a guideline / working -sheet**
  - brings a routine into daily tasks
  - support participants in structure
  - facilitate contribution
  - gives the coach structure

**does /**

**on conducting  
activities**

**don'ts**

- be motivational
    - be the best you can be
  - mutual respect and communication
  - appreciation of small -step achievements
  - understanding for special situation
  - awareness of “multi-problem” clients
  - use the group: individual approaches / experience
  - summary of the day - take home message
- 
- LESS thory / LESS schooling / LESS preaching
  - as LESS as possible judgment (good vs. bad)

# YOUUnite

## define Success on different levels

- coaches
- participant
- project

## SMART goals technique

Awareness of different goals!



