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Title of the Microlesson: Embrace Your Strength
Competence Addressed EntreComp – Self-Awareness and Self-Efficacy
Key Message: Recognising your strengths and believing in your abilities are important steps towards personal growth, entrepreneurship, and achieving your goals.
Learning Objectives By the end of the lesson, learners will • Recognise their personal strengths and abilities • Understand the importance of self-confidence and self-acceptance • Reflect on ways to communicate confidently and set personal goals • Identify simple actions that can help them move forward in their personal or professional journey
Content: This microlesson introduces the concepts of self-awareness, self-confidence, and personal growth in a simple and practical way. It encourages learners to recognise their strengths, accept their unique qualities, and understand that challenges can become opportunities for learning and development. Learners explore how expressing themselves confidently, setting realistic goals, and taking small actions every day can help them build confidence and achieve positive change. The content uses accessible language and practical suggestions that can be applied in everyday life, education, employment, or entrepreneurship.
How to use this microlesson: Warm-up (5 min) Ask learners: “What is one thing you are good at?” Encourage everyone to share a skill, quality, or achievement. Show the infographic (5 min) Explain each section slowly: • Your Strength Starts Within • Express Yourself • Take Action • Growing with Confidence • Celebrate Your Progress Use practical examples from daily life, work, or entrepreneurship. Reflection activity (5–10 min) Ask learners to complete the following sentences: • One strength I have is... • One goal I would like to achieve is... • One action I can take this week is... Learners can answer individually, in pairs, or through group discussion.
Assessment/feedback: Ask: “What is one strength that can help you achieve your goals?” Observe participation and learners' ability to identify personal strengths and actions.
Duration: 15- 20 minutes