

# **Learning experience of trainings and mentorship program with the eye of students**

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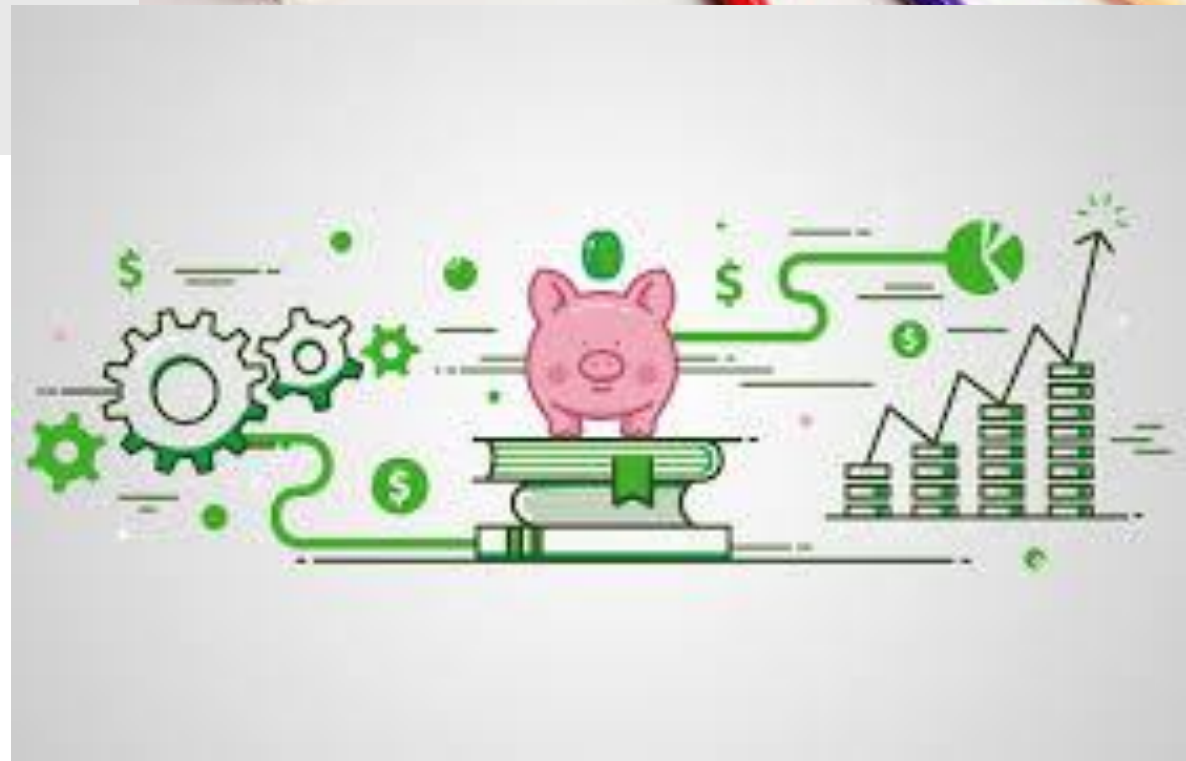
**(Szeged, Hungary)**

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# Structure of MotivAction program

- 18 high school students (Szeged, surroundings), age: 15-18
- Series of Trainings + Mentorship program
- Topics of the trainings (1,5 day/training)

self-worth  
productivity  
self-awareness  
self-love  
reflection  
goals  
confidence  
self-esteem  
life  
success  
self-esteem  
development  
beliefs  
self-love  
relationships  
opportunities  
development  
relationships  
confidence



Erasmus+



## Mentorship program

- Regular meetings with the mentor, 2 times/month
- Small groups (1-2 person per mentor)
- Mentors are chose by the STUDENTS, on the basis of fields of interests and experience



It's worth taking part in the trainings, because...

IT'S ALL  
ABOUT YOU

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# More concretely....

- You get answers & inspiration for the following questions




what are  
your  
**dreams?**


what are  
your  
**goals?**

what are  
your  
**passions?**

what are  
your  
**skills?**



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- You can learn about the *7 Habits of Highly Effective Teenagers* (book of Sean Covey, American business man)
  - You develop important skills (life, work): communication, conflict management, time management

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- You become part of a great company, get to know new people (inspiration, friendship, professional relationship)
  - You can be inspired and learn setting goals and reach them
  - MotivAction experience is a good point when looking for a job:
    - 1. extra in the CV
    - 2. developed skills will be benefits at the work place

**It is important to have a mentor, because....**







# Thank you for the attention!

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