



Workshop exercise on self-esteem and networks

CASE STUDY

Objectives:

- To reflect on the possibilities that community dwellers have for developing and expanding their networks.
- To analyse the challenges to self-esteem and the expansion of networks.

Duration: 40 minutes

Materials:

A large sheet of paper / Felt pens / Notebook and pen

What are we going to do?

1. Divide the large sheet of paper into two columns. In the first column, make a list of ten places that enable getting to know people and interacting with people *outside the community*. **(10 minutes)**
2. In the second column, write what kind of people you can get to know in those places. For example, if you wrote “workplace” in the first column, it is likely that you interact with your boss and colleagues. Thus, they would be in the second column. **(15 minutes)**
3. Thinking about the two columns that you completed, discuss the questions below. **(15 minutes)**
 - a. Taking into account two or three of the places in the first column, what are the advantages of getting to know people in those places? For example, one of the advantages of having a job is that, in our workplace, people get to know us and we can obtain good employment references.
 - b. Is it easy or difficult to construct and sustain lasting relationships with people who live in the places that you identified?
 - c. Are there places within the community where you can make contact with people who are not from your community? How is your relationship with them? Do they affect the way you think of yourself? Why?