

RHYTHM EXPERIENTIAL LEARNING

# **SELF-DISCOVERY PROGRAM**

Creative Drama & Psychology  
3 days Program



# EXPECTED OUTCOME

1. Students understand themselves Strengths, interest, values
2. Explore suitable careers through creative Drama
3. Create a personal Vision board as a future plan
4. Gain confidence and inspiration to move forward

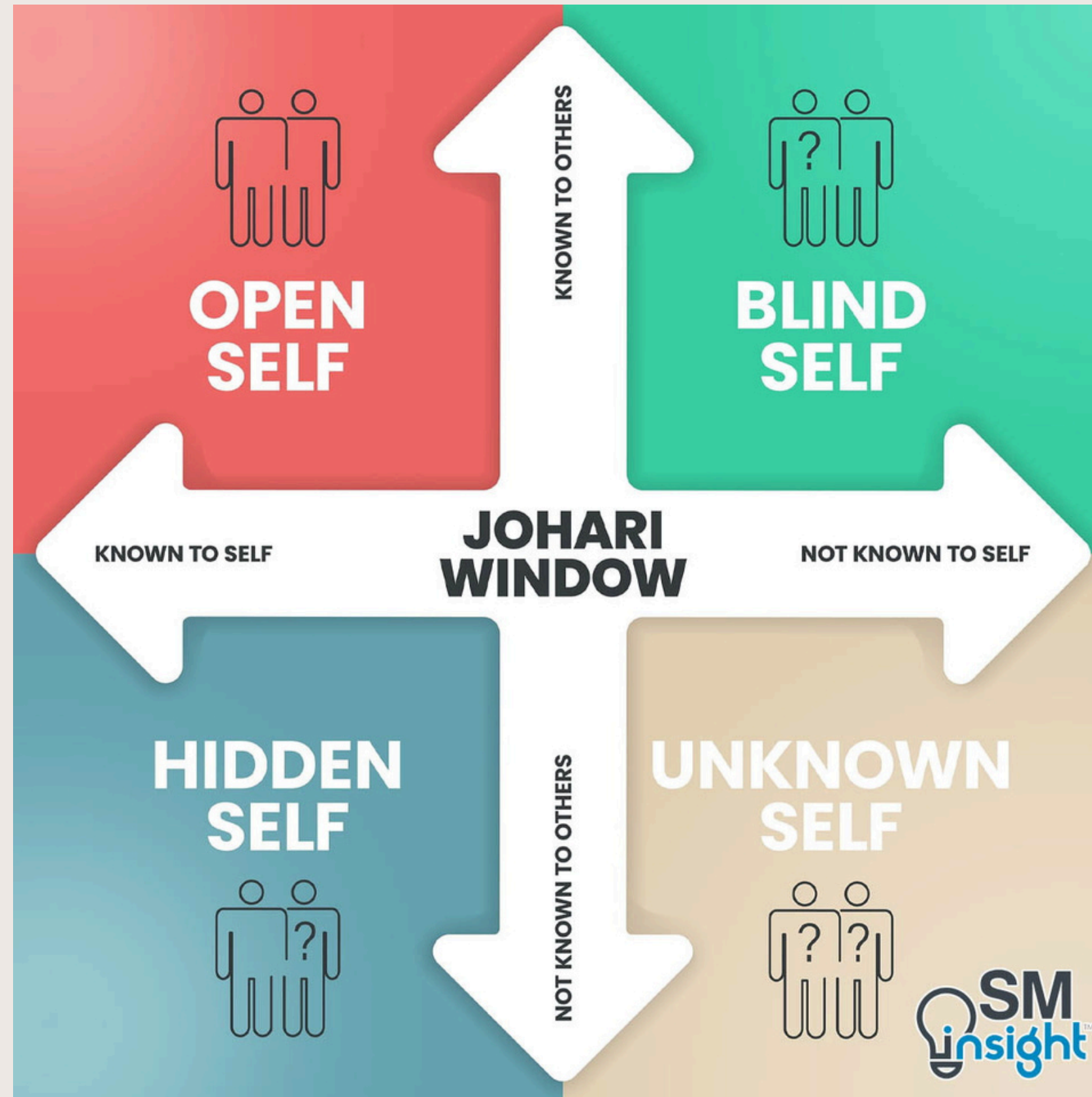
# DAY1 :WHO AM I

## *Psychological theories*

- Self-Concept (Carl Roger)
- Johari Window



# Self-Concept (Carl Roger)



# Johari Window

# ACTIVITIES

**1. ICE BREAKING & MOVEMENT GAME**

**2. IDENTITY MAP**

**3. CREATIVE DRAMA : MIRROR EXERCISE )**

**4. REFLECTION JOURNAL**



# DAY 2 :WHAT INSPIRES ME?

*Psychological theories*

Holland's Career Theory(RIASEC)

Positive Psychology (PERMA MODEL)



# Holland's Career Theory (RIASEC)

# Applying the PERMA MODEL of Well-Being as a Leader



## POSITIVE EMOTIONS

*Cultivate a range of positive feelings.*

- ◆ Encourage solutions
- ◆ Supportive conditions
- ◆ Address negativity
- ◆ Share Praise



## ENGAGEMENT

*Achieve a state of flow by aligning challenges with skills.*

- ◆ Build relationships, mentor
- ◆ Boost collaboration activities
- ◆ Cultivate team support
- ◆ Leverage strengths and acknowledge hidden strengths
- ◆ Guide autonomy, experiment



## RELATIONSHIPS

*Build strong connections and support networks.*

- ◆ Structured connections
- ◆ Team collaboration
- ◆ Supportive culture
- ◆ Inclusive environment
- ◆ Lead supportively
- ◆ Encourage interactions
- ◆ Facilitate connections
- ◆ Promote open solutions



## MEANING

*Find purpose and significance in personal and collective goals.*

- Task clarity
- Role dialogue
- Values at work
- Personal task link



## ACCOMPLISHMENT

*Pursue goals and celebrate achievements.*

- ★ Recognize, praise, celebrate
- ★ Learn from success
- ★ Highlight goals, showcase achievements
- ★ Celebrate milestones, emphasize success
- ★ Focus on growth
- ★ Publicly acknowledge contributions



# Positive Psychology (PERMA MODEL)

# ACTIVITES

**1. WARM-UP GAMES**

**2. ROLE PLAY FUTURE PROFESSIONS**

**3. CAREER INTEREST MAP**

**4. REFLECTION CIRCLE**



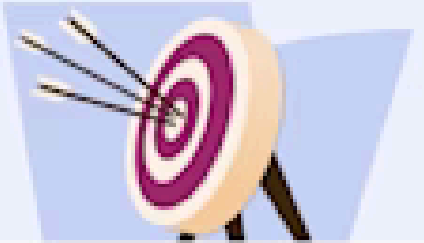

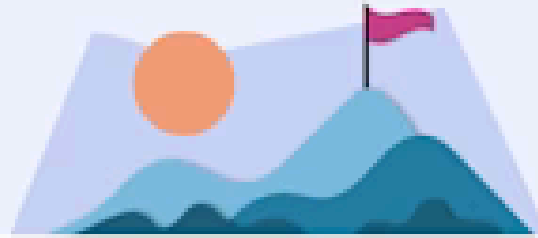
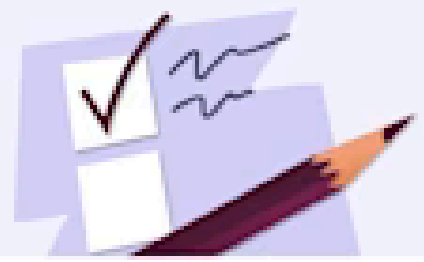

**DAY 3**

# **MY PATH FORWARD & VISION BOARD**

*Psychological theories*

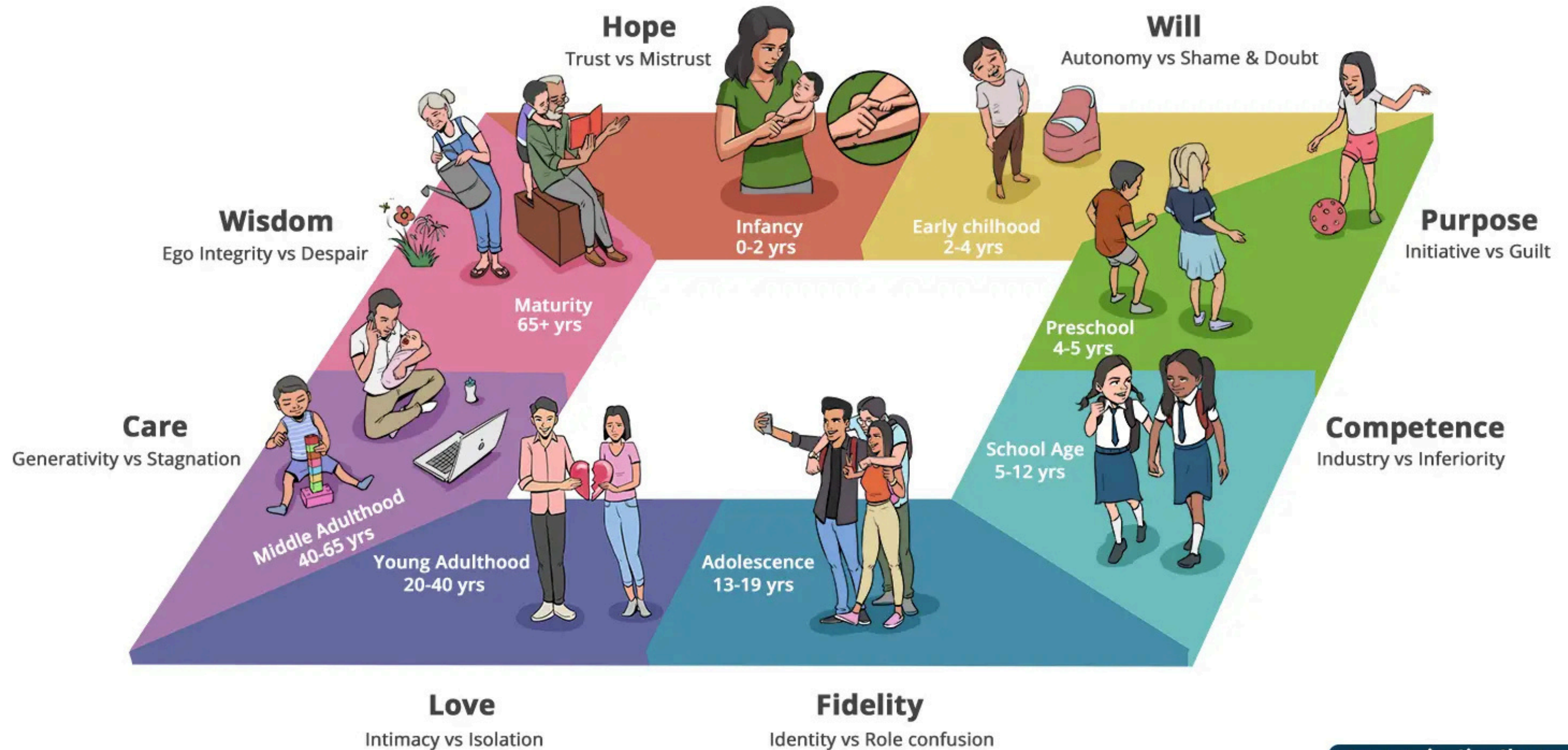
**Erikson's Psychosocial theory**

**Goal Setting Theory (SMART Goals)**

<b>S</b>	<b>Specific</b>	Make your goal specific and narrow for more effective planning	
<b>M</b>	<b>Measurable</b>	Make sure your goal and progress are measurable	
<b>A</b>	<b>Achievable</b>	Make sure you can reasonably accomplish your goal within a certain time frame	
<b>R</b>	<b>Relevant</b>	Your goal should align with your values and long-term objectives	
<b>T</b>	<b>Time-based</b>	Set a realistic but ambitious end date to clarify task prioritization and increase motivation	

# Erikson's Psychosocial theory

# ERIKSON'S STAGES OF PSYCHOSOCIAL DEVELOPMENT



[communicationtheory.org](http://communicationtheory.org)

# Erikson's Psychosocial theory

# ACTIVITIES

- 1.FUTURE WALK
- 2.FORUM THEATRE
- 3.VISION BOARD WORKSHOP
- 2.CLOSING SHARING

