



HOW TO USE  
**ORAI  
REFLECTION  
CARDS  
FOR WELLBEING  
OF TRAINERS**



## *Hi fellow trainer!*

In front of you, there is a deck of 14 ORAI (Lithuanian: weather) cards for reflection. No matter if it's rain, sun, snow, they are here to support you.

The aim is to see how we are with our wellbeing. Yes, you read it right: we came to conclusion, with the help of Trainers Community- **we need to take care more about ourselves!**

Each card has frontal and back side. On the front there is an area name for the reflection (and cute graphic).



On the back side, there are three magical questions which are related to the topic of the card.



You have multiple versions for using: you can shuffle it, and choose randomly 1, 3, 5 or 7 cards and start answering on the questions for yourself. There is no time limitation.



You can also use some topic by purpose and reflect.

We are recommending to use it with our other products, such as Guide and/or Infographics, visit the <https://iywt.org/holistic/>



This is NOT psychotherapy and/or coaching tool.

This is meant to be just a supporting learning tool for trainers especially if we have reflection blocks of any kind in terms of wellbeing.



## **For facilitators:**

Using it in small groups (up to 5) is the best, but in the most times you can use it for final reflections, retreat event, individual work and even together with some other topic of your training.



# OTHER NOTIONS:

- Enjoy the cards!
- If you don't want or can't answer some question, **skip it and move on**.
- Make a **break** in reflection process.
- You can **write down** your thoughts in learning diary or use it together with other training tools for reflection based on competences (**Appraiser** for instance).
- You can do it in pairs, with fellow colleague to have also **relaxing time and bonding**.
- If you want **gamified version**: limit the time (5, 10 minutes), shuffle the deck and give 3 cards to each trainer (for 2 to 5 trainers). The fastest and clearest answers in the shortest time on the all cards wins. You can do that also in **teams**.

## DISCLAIMER:

This tool is the product of Erasmus+ KA220 project "Holistic trainer- trainer life and how to hack it", funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

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