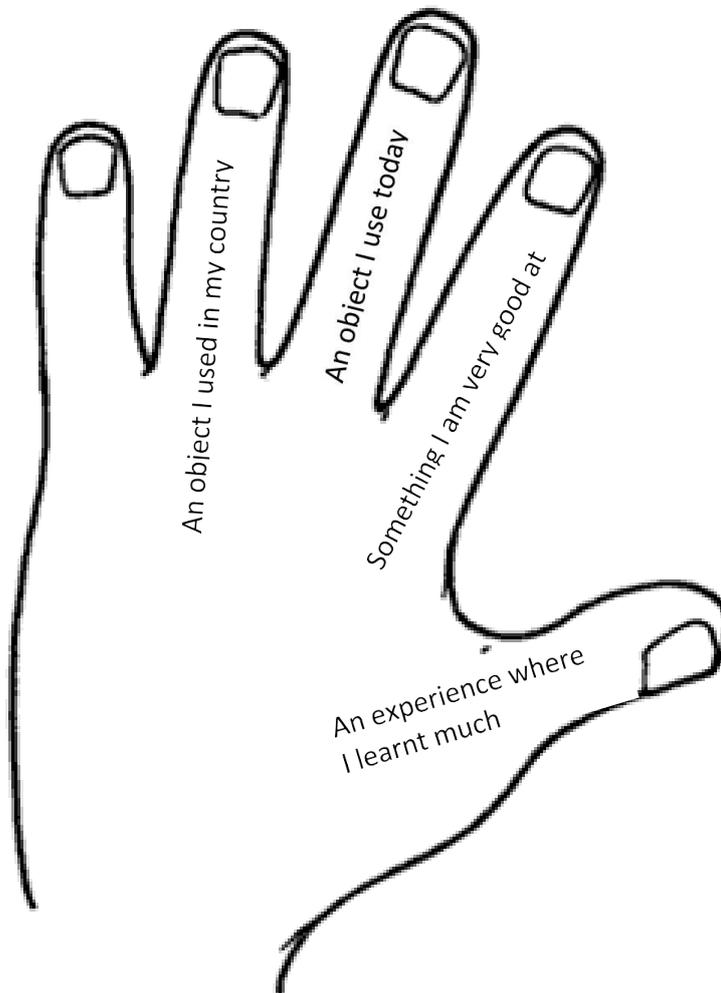


Presentation by hand



This method may be used in individual or group sessions. Each participant is asked to put his/her hand on a paper and trace the contours of his/her hands. After drawing the hand the trainer asks to reflect on the five questions corresponding to the fingers (questions may be changed according to specific contexts and targets). The participant takes 5-10 minutes to reflect alone and then tells his/her story. The answers given are the trace of the self-presentation.

If used in group, after reflection phase, all participants are asked to walk in the room space with their paper hand. At a signal of the teacher (whistle, clap...) the nearest persons mate and share their hands and stories.