



# Tools and methodologies – Porto



## Preparation moments that allowed the co-construction of the training program



June 2019



September 2019



February 2020

## “Starting questions” methodology

*Some starting questions:*

*Concept*

*Methodology*

*Deconstruction*

*Knowledge of reality*

*Post training*

*Cross-cutting issues*

Discovering ESS and how to be an alternative.

How to build a formation on such a confusing theme and for people with thoughts formatted by society?

Values we want to see transmitted; define what we are, society we want to build, what message we want to pass.

Differences in Social  
Economy and  
Solidarity Economy

An approach to  
skills

Degrow to  
grow

Links  
between VET  
and ESS

Local visits

## “Starting questions” methodology

*Some starting questions:*

*Concept*

*Methodology*

*Deconstruction*

*Knowledge of reality*

*Post training*

*Cross-cutting issues*

How to replicate the management practices that reproduce hierarchies and hierarchical practices in the training? Issues of power management and decision-making.

How to create a Training Community?

How to put different social movements in communication and collaboration?

Training pact

Care  
assembly

Transformation  
tree

Paths to  
activate SSE in  
Porto

Visitas locais

Reflections

Collaborative  
rice

Informal  
moments

Cantinho da  
Partilha



## Assemblies of Care



This assemblies are used in Cooperatives in Catalonia when the workers feel the need to share their feelings about a situation. Sandra - one of the Portuguese participants, worked in one of those Cooperatives and share this methodology. Then, the group adapted it to three specific training moments:

- 1) Each trainee was responsible for paying attention to one important aspect for the well-being of the group;
- 1) A safe space was created for the participants to share their emotions and feelings about their personal process in SSE, about the training and about the community;
- 1) Evaluation and concernings about the future.



These were special moments and they were important for two different reasons:

- i) We are holistic human beings with emotions, feelings and personal thoughts. Most of the time, in our jobs and other professional activities, we are forced to forget that, because it is understood that being a professional is like being a machine. Therefore, in those training moments, we acted as human beings and shared our feelings;
- ii) This sharing reinforced our Community.

# LEGO Serious Play

To reflect about:

- How we learn;
- Individual work X Work in pairs X Collaborative work
- What is the purpose of the activity?
- Relationship and trust

- 1) Give to the participants a paper with an individual task. They need to build a LEGO figure, respecting each instruction, but without talking.
- 2) The Portuguese team failed!
- 3) It was an important reflection and shift in the training: we want to collaborate and we defend some solidarity principles and values, but in the daily life, we are not always able to collaborate and find collective solutions.

