

# Back to everyday life

## A letter to myself

### Overview




The “letter to myself” supports the transfer of learning from the seminar/workshop to everyday life. Participants write a letter to themselves about their experiences and intentions which is either posted to them by the facilitators 3 to 4 weeks after the end of the seminar, or given to them with the instruction not to open it until that time has passed.

### Instructions

1. The facilitators begin by reviewing the progress of the seminar so far, recalling the most prominent topics, methods and milestones in a tranquil atmosphere. They then explain the method to the participants, and each one is given a sheet of paper on which to write their personal letter.
2. Working individually, the participants write their letter. To support them in this task, the following questions can be written on the flipchart:
  - › What have I experienced and learnt?
  - › What will I take away to my everyday life?
  - › What is still giving me cause for reflection?
  - › Who would I like to exchange views with in the coming weeks?
  - › What steps will I take when I return to my everyday life?

When they have finished writing, the participants address the letter to themselves, attach a stamp and hand it in to the facilitators or place it in a box prepared for this purpose.

3. Three to four weeks later, the facilitators post the letters to the participants.

	6-40
	30 minutes
	A4 paper, envelopes, stamps, writing implements

Variations	In smaller groups where open communication is possible, the completed letters can be read out loud to reinforce the impact of the thoughts and resolutions expressed. Here it is important that no comments are made on what is read out. This variation requires a lot more time.  Letter to a friend: the letter is not written to oneself, but to a close friend, following the same procedure.
Tips for facilitators	It is important to create a quiet, relaxed atmosphere for this activity.