



# ***Fear and Trust***

*a self-development session  
with BEEd students at Jesus & Mary College*

Part of an on-going programme, this second day-long workshop facilitated a process of introspection on one's own fears and ways to deal with these.

The 33 students responded with enthusiastic involvement in reflecting upon their own experience, through worksheets and sharing it with each other in small groups.

Some of the questions asked were: What are the 3 things you are most afraid of? How do you deal with these fears?

Related to the question of fear was the issue of trust - a response that naturally emerged through the collective sharing.

The group played the game 'Golem'\* to become aware of the extent of trust they reposed in others and how much trust they invited from others.

The issues of Competition and Cooperation were taken up as well. The entire session focused on one's own attitudes and their implications for one's own growth as well as one's interaction with and perception of children, as a future teacher.

The group also spent intensive time in understanding the personality traits of a successful teacher and in becoming clear about the concept of 'outer' and 'inner' being.

At the end, all made an action plan, choosing an individual focus - a point of progress they wished to make and would concentrate on through their self-reflective journals, to continue this process till the next session.



\*a trust game, in which the person at the centre of a small circle allows herself to fall into the arms of those forming the circle around her, and those around gently help her back onto her feet - establishing a rhythmic falling and holding, till the person feels she can trust each one in the group to prevent her from falling down.