



Navigating the Green Path

Role-Playing Scenario: Emotional Intelligence and Self-
Management



Co-funded by
the European Union

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.
Project number: 2022-1-DE02-KA220-YOU 000085086

Duration

75 minutes

Materials:

- Printed scenarios (each depicting a different workplace or life challenge)
- Role cards detailing specific character behaviors and traits
- Feedback forms for peer evaluation
- Timer

Goals:

- To develop emotional intelligence skills, including empathy, self-regulation, and stress management.
- To practice self-management techniques in simulated real-life situations, enhancing adaptability and resilience.

Why Do This Exercise:

This exercise allows participants to explore and develop critical intra-personal skills that are essential for effective employability. Role-playing various scenarios helps participants understand different emotional responses and how to manage them effectively in the workplace.

Instructions Step by Step:

- **Overview of Emotional Intelligence:** Begin with a short introduction to the concepts of emotional intelligence and self-management, discussing their importance in personal and professional settings.
- **Scenario Assignment:** Divide participants into small groups and assign each group a different scenario that requires emotional intelligence and self-management skills.
- **Role Distribution:** Within each group, assign specific roles to participants, ensuring that each member has a chance to act out different emotions and responses.
- **Role-Playing:** Groups perform their scenarios, with each participant acting according to their assigned role. Use a timer to keep the role-playing sessions concise.



- **Group Feedback:** After each role-play, allow for feedback from other group members, focusing on how well emotions were managed and communicated.
- **Reflection and Discussion:** Engage the whole group in a discussion about the different emotional intelligence strategies used and their effectiveness. Discuss how these strategies can be applied in real-life situations.
- **Personal Action Plan:** Encourage participants to develop a personal action plan for improving their emotional intelligence based on the insights gained during the exercise.

This work is licensed under a Creative Commons Attribution 4.0 International License.



**Co-funded by
the European Union**

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.
Project number: 2022-1-DE02-KA220-YOU 000085086