

Welcome to BG Play your Talent Lifeskills programme

In this program you will be trained in important "life skills" and your unique talent. By investing time and energy in the Play Your Talent Lifeskills program, you will gain greater insight into the skills and values you already possess, but you will also become aware of your development potential in relation to shaping the future you want. It does not necessarily come by itself but is created by it if it sees it!

The program is built around modules with a theme, exercises, and reflections. The structure of the modules and the thematic order are not random, and what you learn in module 1 must be used in module 2, just as module 3 builds on what you learned in module 2, and so on. In order to get the full benefit of the Play Your Talent Lifeskills programme, it is therefore important that you invest the time and energy in the course that has been planned. Ultimately, it is an investment in yourself and your future.



Modul 1: Who am I?

What am I good at, what is my special talent and what might I have difficulty with?

Modul 2: What is my mission and values?

What is my particular point of view where most things make sense to me?

Modul 3: Perspectives and Cooperation

There are more perspectives to view the world from than your own, but how do you see other people's? What is your superpower and what is your contribution in collaboration with others. How can you "borrow" other people's talents?

Modul 4: Communication

How can I communicate in a good way via my talents, and what are my strengths and weaknesses?

Modul 5: Dealing with conflicts

How can I become skilled at resolving conflicts and what are my reaction patterns. How do I break with any inappropriate patterns?

Modul 6: The Future

What can I become with my talent and how do I build a bridge between my sport and my career? Which careers suit me and how do I take care of myself and my power in all this?

Modul 7: Game-plan and diploma

Development of your own personal game plan in selected areas for the future, and collection on the Play Your Talent Lifeskills programme.