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In this newsletter you will read about the recent activities in our project and about the fourth partner meeting.

### What's MOKA?

MOKA is the abbreviation of MOTivation: the Key to success in Adult education. Motivation is the driving force which leads us to achieve goals. Lifelong learning is impossible without motivation.

### Partners in MOKA

MOKA is a Learning Partnership under the Grundtvig program. Partners are Deinde sp. z o.o. from Lublin, Poland; ONECO Consultoría y Movilidad from Sevilla, Spain and Edos Foundation from Bommel, The Netherlands.



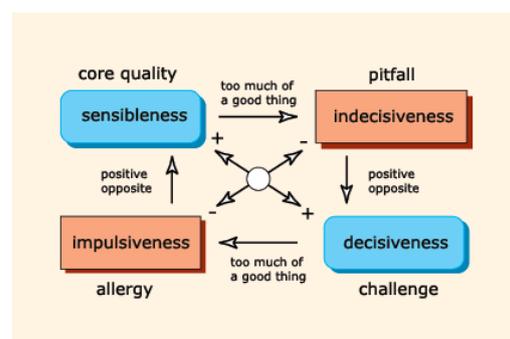
### Fourth MOKA meeting

On 22<sup>th</sup> and 23<sup>th</sup> of April 2013 we met each other in Kraków, Poland.

We received the visit of a representative of Małopolska Partnership for Continuing Education. We discussed about core qualities, feed forward, NLP, FISH! Philosophy and juggled. We also made a study visit to Jagiellonian University's School of Trainers and Coaches.

### Some conclusions from our discussions:

The **core quadrant** theory offers an insight into the factors that influence the personal effectiveness of people. With this method you get more insight in the factors that influence your personal effectiveness. It gives way to what could be the next step in your personal development or in razing the existing barriers to learn.



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Awareness of the four mental elements of the core quadrant can be an important contribution to the self-realization. As a matter of fact it is not possible to 'fight off' the pitfall or develop the challenge actively. The integration - and through it the wholeness of the personality - can only be achieved through the road of the awareness. However, awareness in itself is not easy to be accomplished either.

**Skills in the labour market** are divided in three main groups:

- Social skills: communication, conflict resolution and leadership.
- Personal skills: change-oriented, employability-oriented creativity and stress management.
- Working and organizational skills: self-organization, decision-making and team work.

**FISH** philosophy:

- Be There: When people need you, they need all of you. Setting aside distractions and judgments to be mentally and emotionally present is a sign of respect. It improves communication and strengthens relationships.
- Play: You can be serious about your work without taking yourself so seriously. Play is a mindset more than a specific activity. It allows you to throw yourself with enthusiasm and creativity into whatever you are doing, in a way that is natural, not forced. "Playing" with ideas helps you find solutions to everyday challenges.

- Make Their Day: Simple gestures of thoughtfulness, thanks and recognition make people feel appreciated and valued. When you make someone else feel good, you feel good too.

- Choose Your Attitude: To actually choose how you respond to life, not just react, you must be intentional. When you get up, decide who you want to "be" today. Moment-to-moment awareness is key. Ask yourself throughout the day, "What is my attitude right now? Is it helping the people who depend on me? Is it helping me to be most effective?"

More information about fish in <http://www.charthouse.com/content.aspx?name=home2>

**Gerrickens Games** are card games to talk about motivation, competences and much more. To play both individual, as part of a counseling process or for teamwork. There are several games: the feelings game, the feedback game, the development game, the motivation game, the values game, the quotations game and the learning game. By playing this game everybody can gain more insight in himself and learns a lot about the others.

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## Juggling to motivate



Motivation is the driving force which leads us to achieve goals. Juggling engages almost all parts of your brain. In order to smoothly coordinate the movement of balls in the air, the brain

must first plan the position of the hands, head and body.

This scheme is afterwards processed by the areas responsible for the synthesis of all information necessary to perform an operation.

The gradual development of the passion for juggling is a good example of building up the internal motivation.

### More information

More information about MOKA and the project partners you'll find on the websites of the partners:

In Poland [www.deinde.pl](http://www.deinde.pl)

In Spain [www.oneco.org](http://www.oneco.org)

In The Netherlands

[www.edosfoundation.com](http://www.edosfoundation.com)

MOKA is also on Facebook.

<http://www.facebook.com/pages/MOKA/215203005218421?ref=hl>

We invite you to cooperate and join us.

