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Emotional Workshop: WRAP your decision- making

W

R

A

P

Objective:

- Understand how our emotions and the consequences impact our decisions
- Explore a way to make the right decisions
- Develop strategies to use emotions and mind, when making decisions

Key Components:

- Understanding the emotional consequences in making decisions
- Using a model to help making decisions
- Group sharing
- Reflect on what we have learned

Duration:

This workshop will be divided into 5 parts (days) of about 10 minutes



Workshop:

WRAP your decision-making

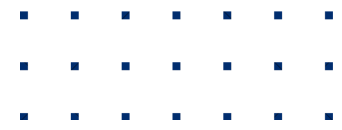
Workshop Overview (1)

Welcome to this workshop on wrapping your decision-making. For the next five days (about 10 minutes pr day), we will explore a way to help us make choices and thereby become better at being aware of the emotional consequences when we make choices. To test this, we will try to make a choice by using the WRAP-model. How can we investigate and thereby help us making a better decision, with great emotionel consequences.

- **Day one (15 minutes)**
 - **Introduction (5 minutes).** We will give you a brief overview of what we are going through in this workshop
 - **The WRAP-model (10 minutes).** We will start by giving you an introduction to the model and method we will work with in this workshop. Afterwards you will be presented with the example of a decision, you will be working with
- **Day two: W (10 minutes)**
 - **W: Widen your options.** The second day of this workshop, you will be asked to write down all the options you can think of in relation to the choice you have to make. Save your notes for the next lesson
- **Day three: R (10 minutes)**
 - **R: Realitytest your assumptions.** Be your own devil's advocate. Research the consequences for all the options you found in the last lesson thoroughly and write down your observations. Save your notes for next time.

Workshop:

WRAP your decision-making

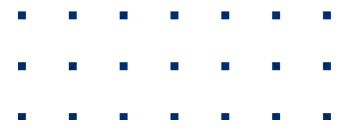


Workshop Overview (2)

- **Day four: A (10 minutes)**
 - **A: Attend distance before deciding.** It is important that it is not your gut feeling that makes the decision. Look at your notes from the last few times and then try to see the situation through the eyes of others: What would your wise friend or teacher do in the same situation?
- **Day five: P and Conclusion (10 minutes)**
 - **P: Prepare to be wrong.** Most choices can be changed. Think about the possibility when you make the decision
 - **Conclusion:** We now take a joint look at what you have decided. What emotions does this evoke in you? And did the model help you making a better choice?

Workshop:

WRAP your decision-making



Day 1: The WRAP-Model

In this workshop, we will work with a model that can help us make better decisions and thus achieve better feelings and consequences of our choices. The two American researchers Chip and Dan Heath have developed a model for making better choices. This is the model we will be working with for the next times. The model is named after the initials of the 4 steps it contains: **Widen your options, Reality-test your assumptions, Attend distance before deciding and Prepare to be wrong.**

The decision can be any given dilemma. For example: You are invited to your grandmothers birthday and your best friends birthday party at the same day and time. Should you attend your friends birthday party or your grandmother's birthday?

An illustration of a laptop screen with an orange border. The screen displays the WRAP model steps in a list format. Each step consists of a large yellow letter followed by a blue italicized phrase.

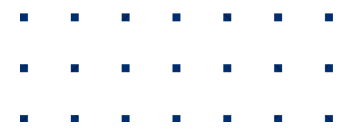
W *iden your options*

R *eality-test your assumptions*

A *ttend distance before deciding*

P *repare to be wrong*

Workshop: WRAP your decision-making



Day 2. W: Widen your options

In this assignment you will be asked to look at your dilemma again and afterwards write down all the options you can think of you have in terms of making choices and remember that two options are not enough. You may want to ask someone else which options they see you having.

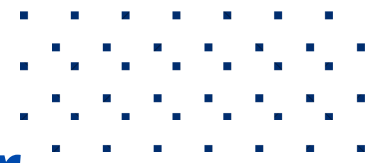
Either-or choices are bad choices that make you simplify the world, do not make pro-and-cons lists. There are almost always more options than just two. However, too many choices can also cause confusion. Try to make sure you find at least 3 and max 5 options.

And remember: You have to make a decision in the end and not today.



Workshop:

WRAP your decision-making



Day 3. R: Realitytest your assumptions

Today you will be asked to look at your notes from the last lesson and there after you have to be your own devil's advocate.

Research the consequences for all the options you found in the last lesson thoroughly and write down your observations. Save your notes for next time.



Day 4. A: Attend distance before deciding

Today you once again will be asked to look at your notes from the last lesson and remember that it is important that it is not your gut feeling that makes the decision. Look at your notes from the last few times and then try to see the situation through the eyes of others: What would your wise friend or teacher do in the same situation? Write down your thoughts



Workshop: WRAP your decision-making



Day 5. P: Prepare to be wrong and Conclusion



This is the last lesson of this workshop and therefore today you must make your decision. Take a good look at all your notes and use them, when making the decision

Remember that no one can predict the future and therefore choices can also be changed, but it is important that when you make a choice, you do it on a basis that gives the right feeling and has the best possible consequences for you. Prepare your self that you might make the wrong choice and accept that there are also important lessons in this, when it comes to emotions and consequences. Maybe the decision will be easier the next time around.

As the end of this workshop is near, we will now take a joint look at what you have decided. What emotions does this evoke in you? And did the model help you making a better choice? Will this model be a part of your decision making the next time, you have to make an important decision?



Workshop: WRAP your decision-making

Instructions for Teachers

Objective: In this workshop, the aim is to make students more aware of how you can use a special method when making decisions and hopefully they will see, that the model can help them get a better understanding of the emotional consequences the decisions give them

Duration: This workshop will be divided into 5 parts (days) of about 10 minutes

Materials Needed:

A dilemma for the students to use the model on
Pen and paper

Workshop step by step

Day 1. Introduction and WRAP-model (about 10 minutes)

Welcome the students and tell them, that this lesson hopefully will help them, when they have to make a difficult decision.

Afterwards give the students an introduction to the model and explain to them, that they will work with each letter for the next 4 lessons:

Widen your options,

Reality-test your assumptions,

Attend distance before deciding

Prepare to be wrong.

End this part by giving them their dilemma For example: You are invited to your grandmother's birthday and your best friend's birthday party at the same day and time. Should you attend your friend's birthday party or your grandmother's birthday?



Workshop:

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Day 2. W: Widen your options (about 10 minutes)

Explain that either-or choices are bad choices that make you simplify the world, tell them not to make pro-and-cons lists. There are almost always more options than just two. However, too many choices can also cause confusion. Ask them to find at least 3 and max 5 options.

And remember to tell them, that they have to make a decision in the end and not today.

Now ask the students to look at the dilemma you gave them in the last lesson. Afterwards ask them to write down all the options they can think of that they have in terms of making choices and keep them in mind that two options are not enough. You can give them permission to ask someone else which options they see them having.

Day 3. R: Realitytest your assumptions (about 10 minutes)

Start the lesson by asking the students to look at their notes from the last lesson and then ask them to be their own devil's advocate: Ask them to research the consequences for all the options they found in the last lesson thoroughly and then ask them to write down their observations and save their notes for next time.

Day 4. A: Attend distance before deciding. (about 10 minutes)

Today you once again will ask the students to look at their notes from the last lesson and tell them that it is important that it is not their gut feeling that makes the decision. Ask them to look at their notes from the last few times and then tell them to try to see the situation through the eyes of others: What would their wise friend or teacher do in the same situation? End this section by asking them to write down their thoughts and save the notes for the last part of this workshop.



Workshop:

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Day 5. P: Prepare to be wrong (about 10 minutes)

Tell the students that this is the last lesson of this workshop and therefore today they must make their decision. Tell them to remember that no one can predict the future and therefore choices can also be changed, but it is important that when they make a choice, they do it on a basis that gives the right emotion and has the best possible consequences for them. Prepare them for the fact that they might make the wrong choice and accept that there are also important lessons in this, when it comes to emotions and consequences. Maybe the decision will be easier the next time around. Ask them to take a good look at all their notes and to use them, when making their decision.

End this lesson by taking a joint look at what the students have decided. Ask them what emotions it gave them? And did the model help them making a better choice? Will this model be a part of their decision making the next time, they have to make an important decision?



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Tips for teachers:

- You can easily use other choices/dilemmas and you can also ask the students to choose for themselves, but by giving them the choice they have to make, you avoid it becoming too personally and emotionally challenging for the students
- Make the students aware that they are working with a method that can be used in all kinds of decision making and that this is just a way to teach them a method
- The method can also be used more academically and you can, for example, ask the students to use it in relation to seeing through Fake News or the like

Final Notes:

Encourage participants to keep the WRAP-model in mind if they are in doubt about making a decision: It is always important to take the time and think things through if you are to make a choice that should end up having the best consequences for the individual.

TOOLS



WRAP-model

W *iden your options*

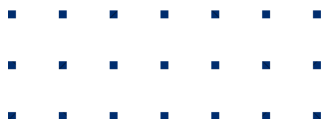
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