Motivational factors in the spotlight

Supporting autonomy, creativity, development of resources, motivational drivers, teamwork, change of perspectives, relaxation, introduction to camera work

Description:

After an introduction to the subject and the techniques of camera work participants, equipped with cameras, go outside where they will take pictures that show “motives and factors that support their motivation and factors that help them be at ease in stressful situations”.

Results are then presented to the whole group either as a poster of fotographs or a video.

Duration: 3 hours

Participants: small groups of 5-6 participants

Material: camera, video camera, computer, printer, brown paper, markers, glue