

## Worksheet 1

# My Gender biography

**SOURCE:** Grünewald-Huber, E./ von Gunten, A.: Werkmappe Genderkompetenz. Zürich 2009

- Please reflect upon the experiences you have made in your life belonging to a gender. Please note 3 key experience (**privat life/leisure time/profession**). What do you have learned in the situations you described?
- In a second step please look for a dialog partner. Exchange your experiences. But you decide. What you want to tell, and what not. The purpose of the exchange: new ideas for further reflecting and a better assessment of your experiences and competences

<b>My experiences</b> (what have you experienced? What was your reaction? What did you feel?	<b>Role</b> (what was your role?)	<b>“lessons learnt”</b> (What did you learned? Which competences did you developed?

