

INNER HEROS

Carolyn Kalil, best selling author and past President of the National Association for Employment Counseling, advocates that there are four basic temperaments for "inner heroes" that we all possess to different degrees: Helper - Thinker - Planner - Doer.

According to Kalil, Understanding which of these you resonate with most will help you determine which positions and careers will naturally be the most fulfilling for you.

DIRECTIONS:

Make copies of the "True Heroes" sheet for each of the students (see the following page).

Have students read through the descriptions of the Helper, Thinker, Planner, and Doer and choose who is their first, second, third and fourth hero.

In pairs or small groups, have students share in what order they placed each of the heroes and why.

Afterwards, have a discussion with the students around the following questions:

- What did you learn about yourself and the others that you talked with?
- What is the distribution of heroes within our group? Are there some that are more heavily represented than others? If so, what does this mean about how we should work together as a group?
- How do you think knowing which of these descriptions you are most like would help you decide on a potential career or profession in the future.

