



HIRE-FIRE

**A GUIDE FOR YOUTH WORKERS
AND CAREER ADVISORS**

MODULE 1

**THE COURAGE TO EXPLORE
THE JOB MARKET**



Co-funded by
the European Union

MODULE OVERVIEW

This module focuses on encouraging young people to approach the job market with curiosity, openness, and courage. It helps them understand the emotions linked to job searching, overcome fear of rejection or failure, and reframe uncertainty as a natural part of career exploration.

1. LEARNING OBJECTIVES

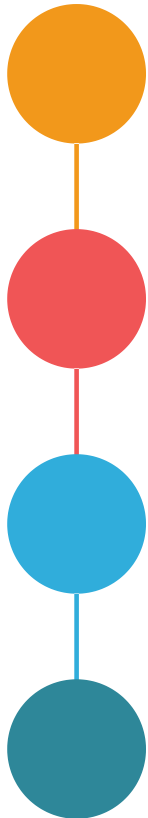
After completing the module, participants will be able to:

- Recognize common emotional reactions connected to job searching.
- Identify personal sources of courage and motivation.
- Develop a mindset of exploration and learning rather than fear of failure.
- Practice self-compassion and resilience when facing professional uncertainty.



2. SUGGESTED SESSION FLOW

Estimated duration: 90 minutes



1. Warm-up (10 min): 'When have you last felt brave?':
– short group reflection.

2. Input & Discussion (20 min): Introduce the concept of courage and discuss examples of micro-courage in everyday life.

3. Self-reflection (20 min): 'My comfort zone map' – identify personal areas of fear, challenge, and growth.

4. Group activity (25 min): Courage stories – participants share real or imagined stories about taking initiative despite fear.

4. Summary & grounding (15 min): Group reflection and relaxation technique to close the session.



3. DISCUSSION QUESTIONS & ACTIVITIES

Discussion questions

- What does courage mean to you in the context of career and job searching?
- How do you usually respond to fear or rejection? What helps you recover?
- What's one small brave action you could take this week toward your career goal?

Active methods

- Courage circle: participants stand in a circle and name one small act of courage they've taken recently.
- Visualization: guided imagery exercise about stepping into new opportunities.
- Reflection cards: participants draw random prompts encouraging them to share about courage, fear, or learning.



4. EDUCATOR'S ROLE & FACILITATION TIPS

- Normalize fear and uncertainty – remind participants that they are natural parts of growth.
- Encourage sharing and validate emotions without judgment.
- Reinforce the idea that courage is not the absence of fear, but acting despite it.
- Use grounding techniques when strong emotions arise.



5. SUMMARY & EVALUATION

End the session by inviting each participant to share one insight or takeaway:

- What helps me act courageously when I feel uncertain?
- What will I try differently next time I face a challenge?

Emphasize that courage develops through practice, reflection, and self-kindness.



What helps me act courageously when I feel uncertain?



What will I try differently next time I face a challenge?

HIRE-FIRE. AVOIDING FAILURES IN CAREER DEVELOPMENT

The HIRE-FIRE project has been developed by youth workers, educators, career advisors, and young people, who teamed up to assist you in avoiding the common mistakes at the beginning of your professional journey.

To be able to support youth, we offer you free content:

- **Learning platform**, offering a course on how to avoid common mistakes in navigation on the labor market, which you can use in your daily activities with young people
- **Short informative videos** offering solutions to the main problems and mistakes presented in this e-book.
- **Guides** for youth workers and career advisors on how to deliver workshops
- **e-books**

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