

Commitment and follow-up

A card and message templates

So that what is agreed in the room does not stay in the room



WHAT THIS IS FOR

The SMART commitment activity ends a workshop on a strong note: everyone leaves with a concrete goal and a person who will ask about it. The trouble is that a week later nobody writes — not out of bad will, but because it is unclear how to start the message. Here they are, ready.

Commitment card

To be filled in at the end of the workshop and taken away. Both people fill in their own.

01 What exactly I will do:

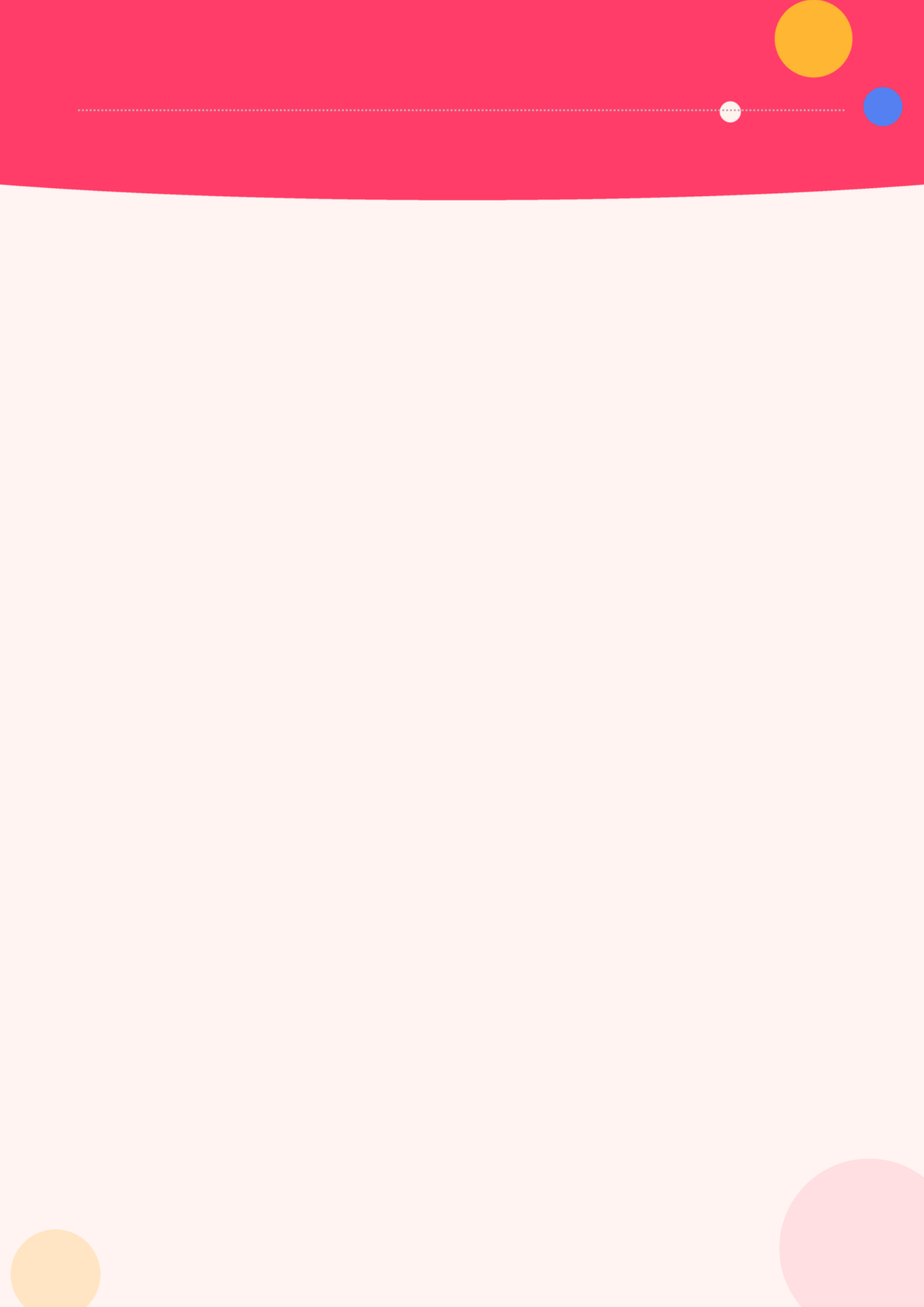
02 By when:

03 How I will know it worked:

04 What might get in the way:

05 Who will ask me about it (name and contact):

06 When we will be in touch:



Three messages to send

Copy, change the name and send. You do not need to add anything — a short message works better than a long one nobody writes.

After a week

When to send. Seven days after the workshop. This is the point where the enthusiasm has faded and the habit has not yet formed.

MESSAGE 1

Hi [name]! It has been a week since the workshop. Remember what we promised each other? I am about halfway — I managed to [briefly]. How is it going for you? No judgement, just asking.

After a month

When to send. A month after the workshop, even if the previous message went unanswered.

MESSAGE 2

Hey [name], it has been a month. Mine has been mixed — some of it worked, some did not. I am curious how you got on. If it did not work out, that is an answer too and no harm done.

When there is no reply

When to send. Two weeks after a message nobody answered. This is the last one — do not chase beyond it.

MESSAGE 3

Hi [name], I wrote a while back and I know how life goes. You do not need to reply to that one. I just wanted to say that if you ever want to come back to it, I am here.

For the facilitator

ON CHOOSING THE GOAL

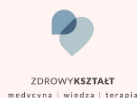
Talk participants into goals smaller than they want. „I will meditate for half an hour every day” will not survive a week. „On Monday I will write down three things that helped me” will. A goal that succeeds builds more than an ambitious one that fails.

Four things that decide whether the cards will work.

- 01** Leave ten minutes for filling in the cards — this is not homework. Cards filled in the room have a chance of working; cards taken away blank do not.
- 02** Pair people up yourself or at random. Left to the group, it ends with the loneliest person having no partner.
- 03** Say plainly that not keeping the commitment is not a failure. Otherwise some people will stay silent precisely out of shame that they did not do it.
- 04** Send the first message yourself, to the whole group, after a week. Your message is a reminder that this was not a one-off idea.

LICENCE

A companion material to the RECOVER Youth Workers Capacitation Toolkit, available free of charge under CC BY-NC-SA 4.0.



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