



Activity

Modelling 'Good Day' & 'Bad Day' with the Mercedes Model

This activity can be useful to do with groups, and can also be adapted for individual use.

Process

1. Explain the Mercedes Model
2. Divide the participants into groups of 3 or pairs.
3. Modelling a 'Bad Day': Give each small group a 'Bad Day' template. Ask them to spend 5 minutes brainstorming and making notes on:-

'If someone doing a similar job to you, in a similar setting, was feeling fed up, demoralised, demotivated, what might they be doing in terms of the Mercedes Model. What might their External Behaviour (posture, gestures, facial expressions etc) look like, what could their Internal Thinking (pictures, sounds, self talk) be, what might their Internal Feeling (emotions, physiology, sensations) be?

4. Modelling a 'Good Day': Give each small group a Good Day' template. Ask them to spend 5 minutes brainstorming and making notes on:-

'If someone doing the same job in the same setting, was feeling upbeat, positive, motivated, what might they be doing in terms of the Mercedes Model. What might their External Behaviour (posture, gestures, facial expressions etc) look like, what could their Internal Thinking (pictures, sounds, self talk) be, what might their Internal Feeling (emotions, physiology, sensations) be in contrast?



5. Take feedback on 'Bad Day': Ask groups to share their thoughts on 'Bad Day'

- *External Behaviour*
- *Internal Thinking (pictures, sounds, self talk)*
- *Internal Feeling (emotions, physiology, sensations) be?*

6. Take feedback on Good Day': Ask groups to share their thoughts on Good Day'

- *External Behaviour*
- *Internal Thinking (pictures, sounds, self talk)*
- *Internal Feeling (emotions, physiology, sensations) be?*

7. Debrief: Ask Participants

- How much of these things are potentially in our control?
- Which of these would you rather have?

Note: This activity can be quite powerful. Always make sure that groups consider Bad day first, and finish with Good Day.