

Module Title:	The WOOP Model			
Duration	45 minutes			
Delivery method	Blended ☐	Face to face ☒	Online learning ☐	Distance learning (Learning Platform) ☐
	Notes on the choice: <i>*The trainer will choose the course delivery method taking into account the interested students location, the available teaching space and resources, social situation, etc.</i>			
Learning Outcomes:	- Participants able to use WOOP method to turn awareness of addiction-related challenges into personal action plan - Ability to identify a personal change goal - Recognize barriers to action - Create a practical If-then plan for responding to addiction-related situations			
Materials	- Print a copy of the “WOOP Model” for each participant - Paper sheets - Pens			
Session purpose	The purpose of this session is to help participants use the WOOP method to transform awareness of addiction-related challenges into a practical personal action plan. Participants will identify a meaningful change goal, explore potential barriers that could prevent them from achieving it, and develop realistic strategies for responding to challenging situations. By creating a practical If–Then plan, the session aims to strengthen participants’ ability to turn intentions into concrete actions and make more conscious choices when facing addiction-related risks or situations.			
Session Details:	Lesson Item:	Method(s) and instructions for trainers:		
	Introduction	Introduce WOOP as a simple method for turning awareness and intention into action Explain the four steps: - Wish - what do I want to achieve? - Outcome - What would success look like? - Obstacle - What internal barrier could prevent me from acting? - Plan - If the obstacle occurs, what will I do? Connect the exercise to addiction recognition: trainers may recognize warning signs but still hesitate to act because of uncertainty, fear of being wrong, discomfort or concern about the persons reaction		

	Activity 1:	Individual Exercise Ask participants to complete their own WOOP sheet. Encourage them to choose a realistic situation connected to the role they may have in facing addiction, for example “I want to feel confident starting a conversation when I notice possible warning signs of addiction” Participants identify their desired outcome, the internal obstacles that could prevent them from acting, and make a concrete If-then Plan. Example: If I notice repeated warning signs but start doubting if I should intervene, then I will document what I have observed, focus on facts rather than assumptions, and initiate an appropriate conversation. Pair/Group Reflection Participants share what they are comfortable in sharing. Discuss: What typically prevents me from action? What could make it easier to take the first step? Emphasize that our role is not to diagnose addiction, but to recognize changes and warning signs, address observable behavior and know when and where to seek support. Wrap-up Ask each participant to complete one sentence: “If I recognize a situation that concerns me, my first step will be....”
	Post-Activity Discussion	Invite participants to reflect on their WOOP and what they have learned about their own readiness to act. Ask the participants to complete the sentences: • one thing I learned today is.... • One things I learned about recognizing possible signs of addiction is... • One barrier that could stop me from acting is... • One thing I can do to overcome that barrier is..... • Of I become concerned about someone, my first step will be.... Finish by emphasizing: Recognize - Respond - Refer



Additional notes and tips for trainers

- The participants do not need to know if someone has an addiction before acting.
- Their responsibility is to notice changes, focus on facts, start an appropriate conversation and seek professional support where needed.