

# Lacks Confidence Speaking

## Triggers

Worried about sounding strange when trying to express herself in Swedish, worried that Swedish speakers will judge her or that misunderstandings will happen

## Goals

To meet more Swedish people and to find a job to support the family economy

## I need to know

More about the city where I live and how to meet Swedish-speaking people.

## I need to feel

Confident about myself and my abilities to take on a new language and maybe to find a job.

## Intrinsic Motivations to learn

Being part of a group that is supportive of each other, and that one can learn new things from, to feel better mentally

## Extrinsic Motivations to learn

To finish my Swedish studies so that I can find a job I like

## Notes

Migrant woman from Jordan who has lived in Sweden for 8 years but still not able to master the language as she mainly spends her time at home with her children. In her home country she used to work as a hairdresser