

**i**can...  
Ask it

Enablers notes



## Enablers notes

---

# Ask it

## Asking the right people

### Why this session is important

To help individual(s) to:

- Explore what kind of support they need to improve their vision and make it a reality
- Identify who in their support network can help them with their particular needs
- Practice having a Creative Work or Creative Learning Conversation with someone in their Support Network
- Further develop their Golden Ticket as a result of the Creative Conversations they have

### What you will need

- Copies of the Ask it activity for each individual
- Ask It Resources
- Paper/pens
- 30 minutes dependent on availability of time

# How to do it

Explain that having created a **Golden Ticket** (Be It Resources) that is inspiring and meaningful and identified a **Support Network** (Reach It Resources) they can connect with and reach out to, Ask It focuses on identifying what particular help is needed just now and the questions to ask to get this help. These questions may be two-fold – focused on vision or reality :

- Developing the vision further – building confidence and self-belief that they can make their vision real or gaining creative input to add more to the vision to gain more commitment and conviction to making it happen
- Making the vision real – gaining some practical help overcoming obstacles that may prevent the vision happen or connecting with others who can provide information that may be missing at the moment

Encourage individuals to take a look at their **Golden Ticket** and review **Maximising My Circle of Support** (Resources) to consider what kind of support they feel they need to ask for just now. Is it focused on developing the vision further and therefore they need help with building confidence, role model support or creative thinking?

Is it perhaps about the process of making the vision real and instead they need to ask for support from experts, people who can connect them to others or who can provide an element of realism and challenge to their vision? Encourage individuals to identify what help they need now and use the tick boxes on **The Support I Need** (Resources) to list these.

Using the names of those people in their support network, help them to identify who they could ask to provide them with the help they need. Encourage them to think about the questions they would need to ask and how they may approach them to ask these questions. The template for Creative Working Conversations and Creative Learning Conversations (Resources) may help them to frame their questions.

## What other questions to ask/points to make

Again, be prepared to share some of your story, if it is appropriate. Consider where you have used your network to help you at different stages of your career or life. Providing personal examples can help to make the whole process of Connecting with others more achievable and real. Recognise that many of those you are working with will already have been asking questions of their networks for years but perhaps never recognised it as such eg., places to visit, films to watch, websites etc.

As the session draws to a close discuss:

- What they may have learned, or what has surprised or puzzled them about doing these activities
- How helpful it is to keep reviewing their Golden Ticket and identify what questions they want to ask from the people supporting them
- Help them to identify one key action they may wish to take as a result of doing these activities