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Realise it

Enablers notes



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Shaping my personalised pathway

Why this session is important

To help individual(s) to:

- Identify where their vision is as they start their journey and how realistic this vision is
- Explore the opportunities and routes available to them in working, learning, playing and giving to create a personalised pathway to making their vision real
- Create their own pathway to making their vision real

What you will need

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

How to do it

Congratulate the individuals you are working with to have got to the point where they have created an inspiring vision for their future and begun connecting with people along the way to help them.

Explain that they are now at the stage to develop a personalised pathway to make their vision a reality. To do this they need to consider:

- Where they are now?
- Where they want to be?
- How will they get there?

Provide a copy of **Starting My Journey** (Resources) and use the instructions to plot where they are on the map and identify if they are a follower, settler, dreamer or achiever. Allow some time for completion and then ask them what they think of where they currently are? Ask them to consider what staying in the same position as they are now would be like for the rest of the week of their lives?

Explain that no matter where they are currently they are going to begin to explore the next steps they wish to take to move themselves closer to making the **Golden Ticket** (Be It Resources) real.

Ask them to take a fresh look at their Golden Ticket and identify a particular element that really excites and motivates them. Encourage them to think what it would be like to have achieved this along with the other elements they have included in their vision. Ask them to consider what this would feel like? What would they be saying to themselves and what would others be saying?

As they have considered where they are now and where they would like to be, now they can begin to consider the steps between these two points. These steps are theirs to creatively design and can be developed from four dimensions of their life.

- Working – gaining meaningful work-related experiences
- Learning – developing relevant skills, attitudes, knowledge and confidence
- Playing – getting involved in opportunities to enjoy with positive people
- Giving – making a difference to friends, family and community

Use the **Working, Learning, Playing, Giving** Step Images (Resources) to help individuals

think creatively about the different steps they can take and alternative routes available. These are also available in A4 sizes if required and can be laminated and used as a creative activity (Resources).

They can do this in a couple of ways. Some may find it helpful to imagine themselves at the point when they have achieved all they have put on their Golden Ticket and then reflecting backwards from this considering what the final step was before they achieved their vision. Again then asking themselves what was the step before this one and so forth until they get to where they currently are.

Alternatively, others may choose to look at where they are now, and which steps they feel would be the first two or three that would help them to move forward. There is no right or wrong to this, it is up to them. Again, there is no right or wrong as to whether they choose to use all four dimensions of working, learning, playing or giving or alternatively only two or three.

Encourage individuals to use the **Personalised Pathway Template** (Resources) to record which of the steps they have chosen to take, and in which order to achieve their Golden Ticket. Encourage individuals to reflect and share their personalised pathways.

It is useful to also reflect on changing priorities and actions and the usefulness of developing a Plan B to take account of the twists and turns along the way.

What other questions to ask/points to make

Again, be prepared to share some of your story, if it is appropriate. Explain the twists and turns of your own journey towards achieving your vision. How different dimensions of your life may have all played a part e.g. working, learning, playing and giving and how you may have had to develop contingencies and alternatives to get to where you want to be.

Make the point that keeping going when facing disappointment or when things go wrong can sometimes be challenging so to consider the support network developed in iCan Connect to help them keep motivated, resilient and supported.