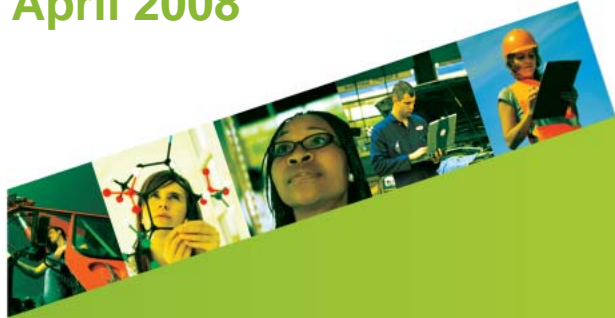



Living, Learning & Earning
Helping Clients to Succeed
with PSE and Beyond
April 2008



YOU
CAN GO



Objectives of this Session

- 
- > To frame your role as helping clients to build their preferred futures
 - > To situate educational planning within this broader context of future planning
 - > To introduce you to a range of practical tools and strategies you can use to help your clients to:
 - **Feel more motivated and engaged when it comes to planning their future**
 - **Become more self-aware**
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The best way to have the future you want is to start imagining it now.

The Big Picture



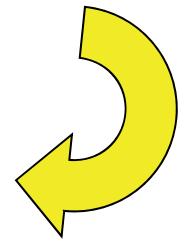
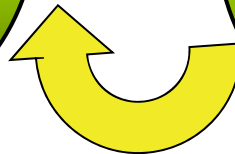
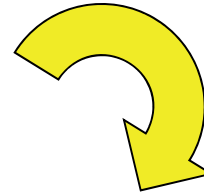
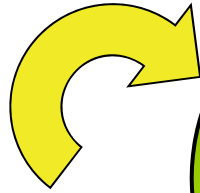
> Skills for Living, Learning and Earning

Belief & Hope

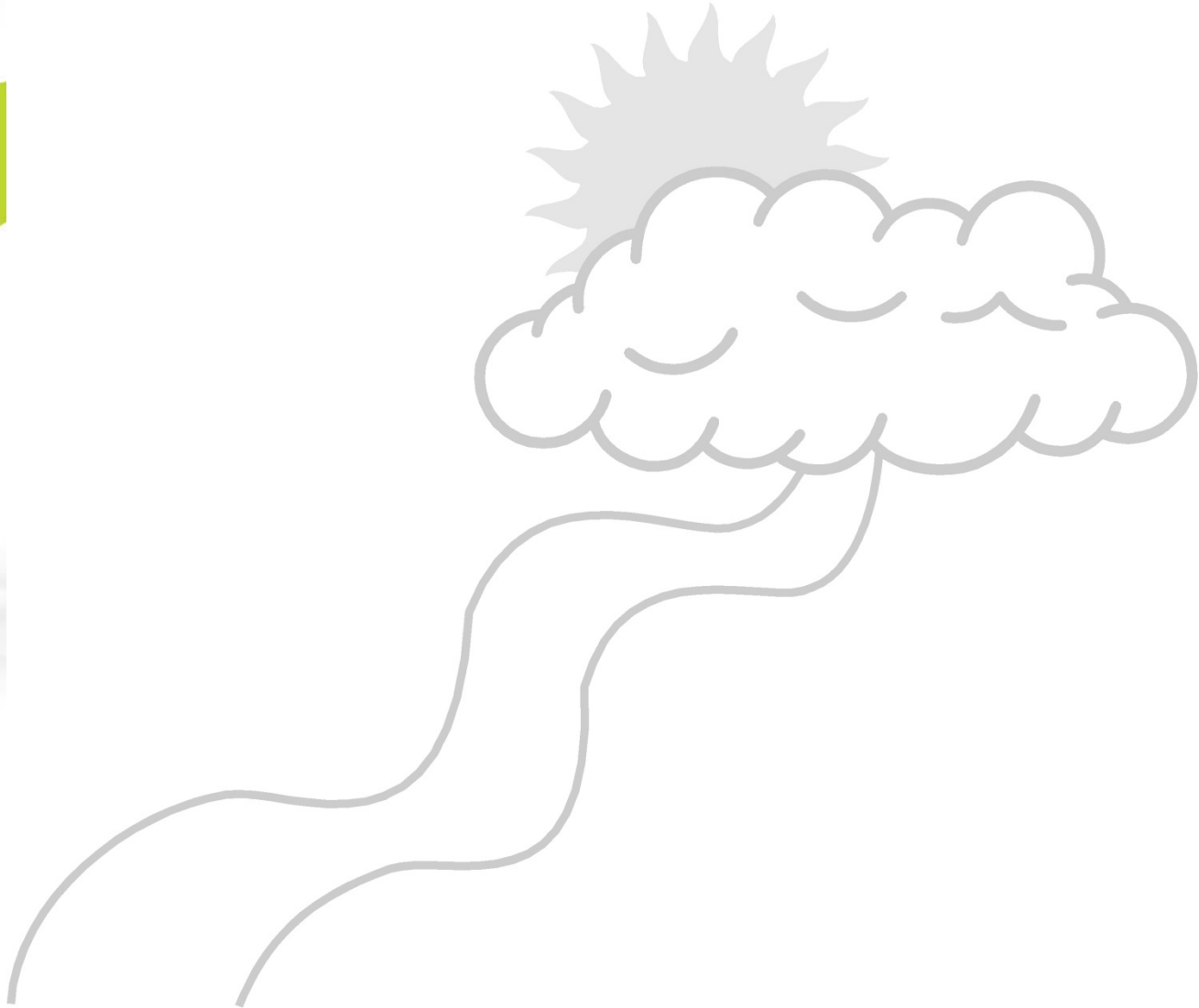
Self Awareness

Vision for the Future and Action Plan to Get There

Opportunity Awareness



Preferred Future



Mattering

> *Mattering is defined as the "beliefs people have, whether right or wrong, that they matter to someone else, that they are the object of someone else's attention, and that others care about them and appreciate them." (Schlossberg, Lynch and Chickering, 1989)*

> "Mattering" makes a significant difference in client engagement and action.

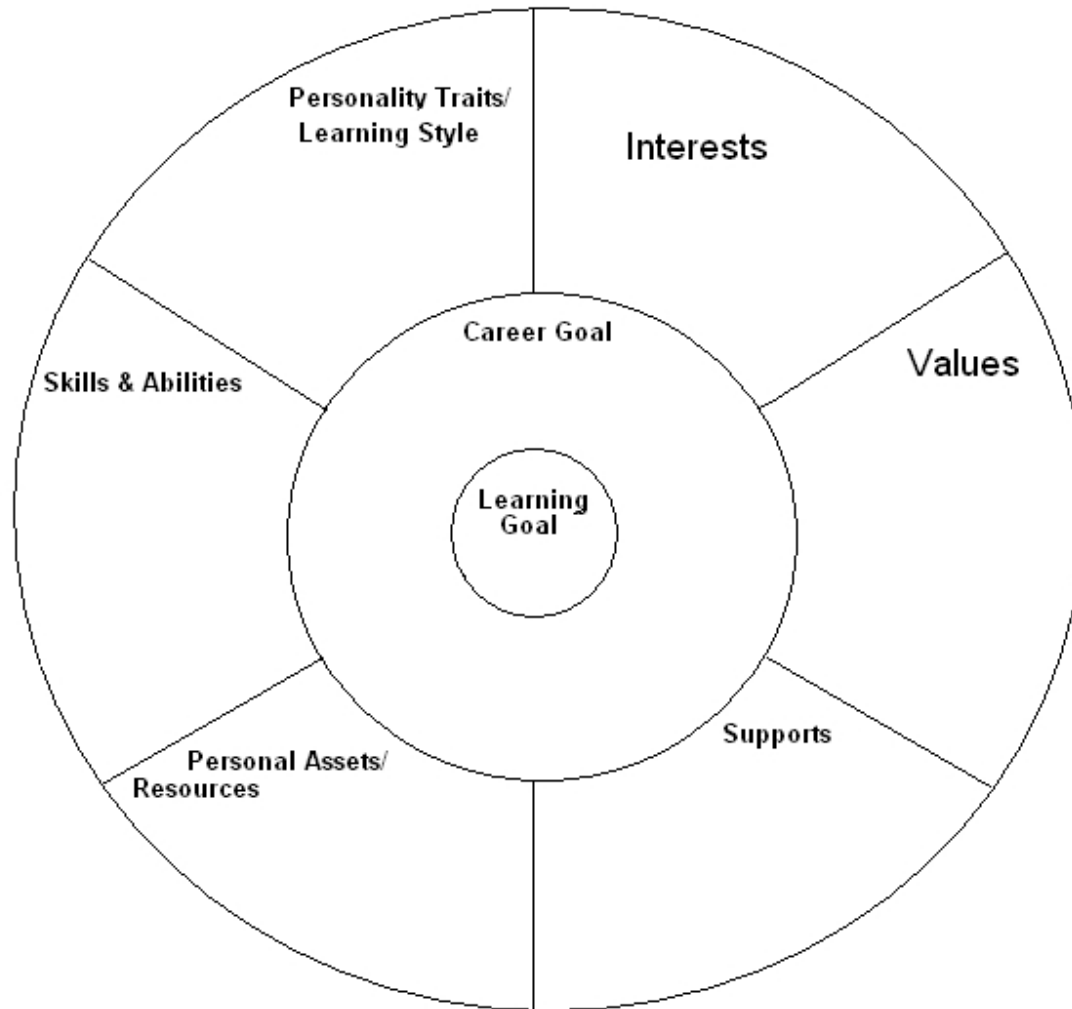
Levels of Mattering

- > Being visible
- > Being valued
- > Contributing
- > Being part of a personal/professional relationship

Working Alliance

- > The working alliance between a counsellor and a client implies:
 - Agreement on the goals to be achieved.
 - Agreement on the tasks to be performed to reach those goals.
 - Establishment of an emotional bond involving respect and trust.

The Self Awareness Wheel



The Big Picture



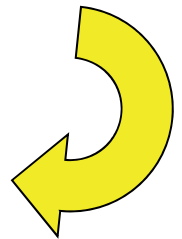
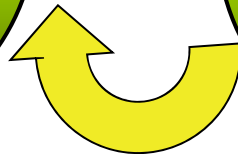
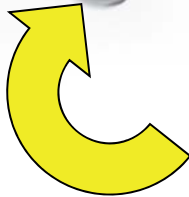
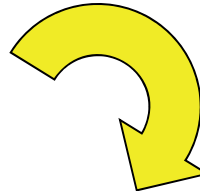
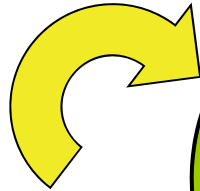
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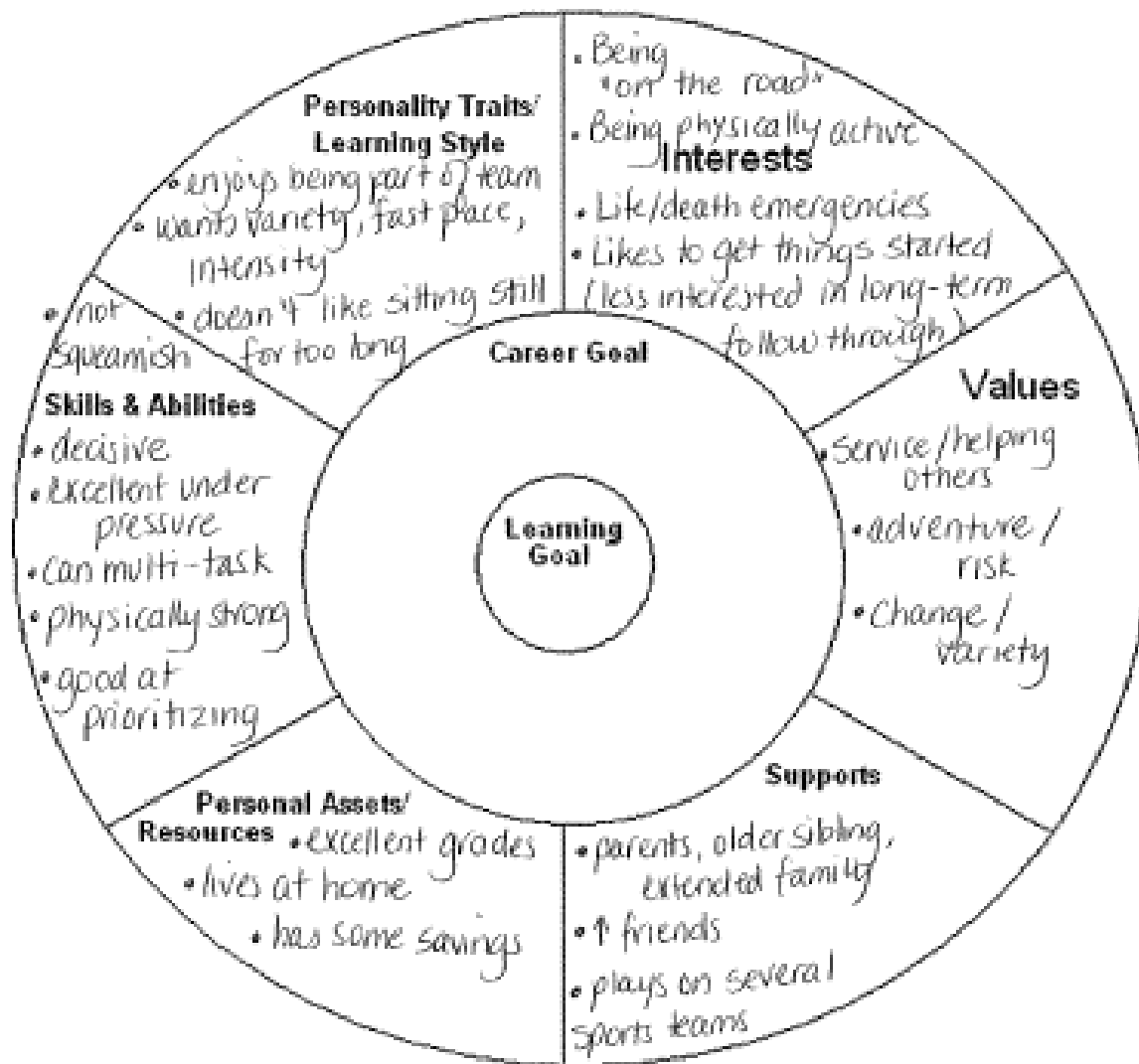
Opportunity Awareness



Rowan



**You
CAN GO**



The Big Picture



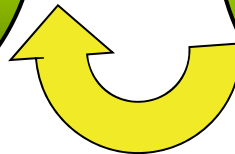
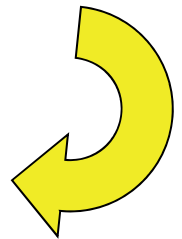
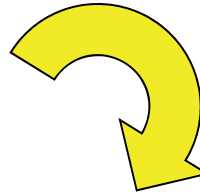
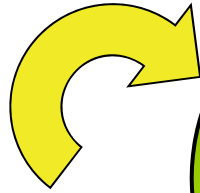
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Resilience

Intrapersonal Factors (ex. hope, belief in self)

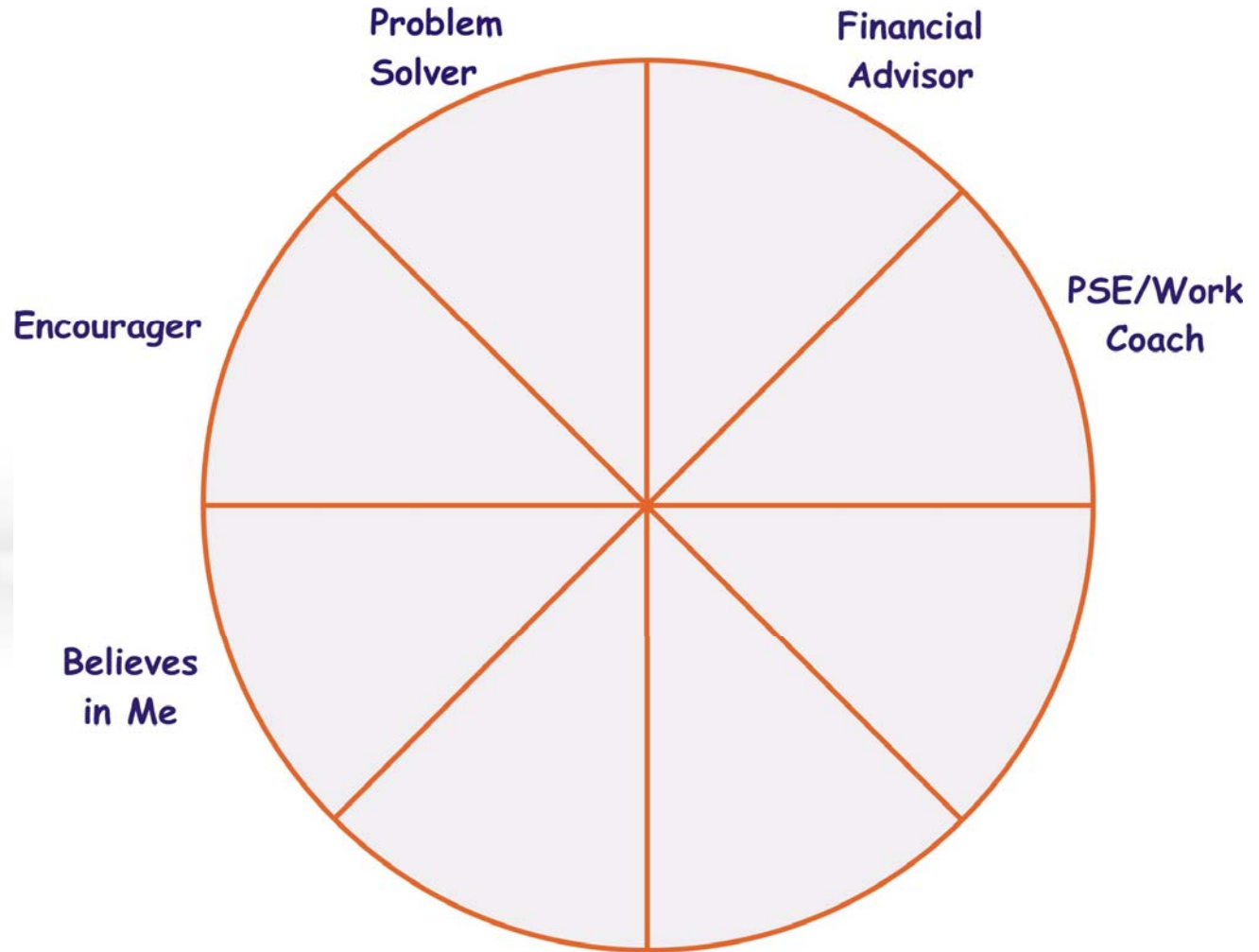
Coping Skills (ex. problem solving, coping with anxiety)

Interpersonal Factors (ex. someone who believes in you and your capacity to succeed)

Institutional Factors (ex. opportunities to participate in community and school activities)



Circle of Supports



The Big Picture



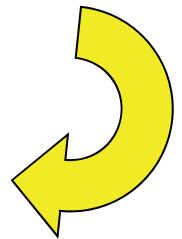
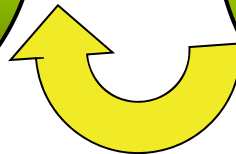
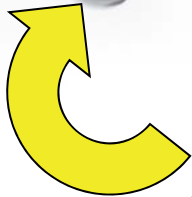
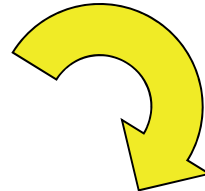
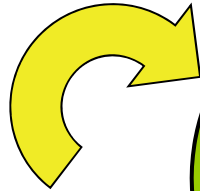
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