

# LASTING GIFTS WORKSHOP SERIES

*Workshop 2 – Meandering*



**Future to Discover**



# To Maximize Each Session

## **PARTICIPATION**

(Let's ask questions, give opinions, express concerns)

## **COLLABORATION**

(Let's share ideas, work together, offer suggestions)

## **RESPECT**

(Let's listen to each other, respect differing opinions, walk in each other's shoes)

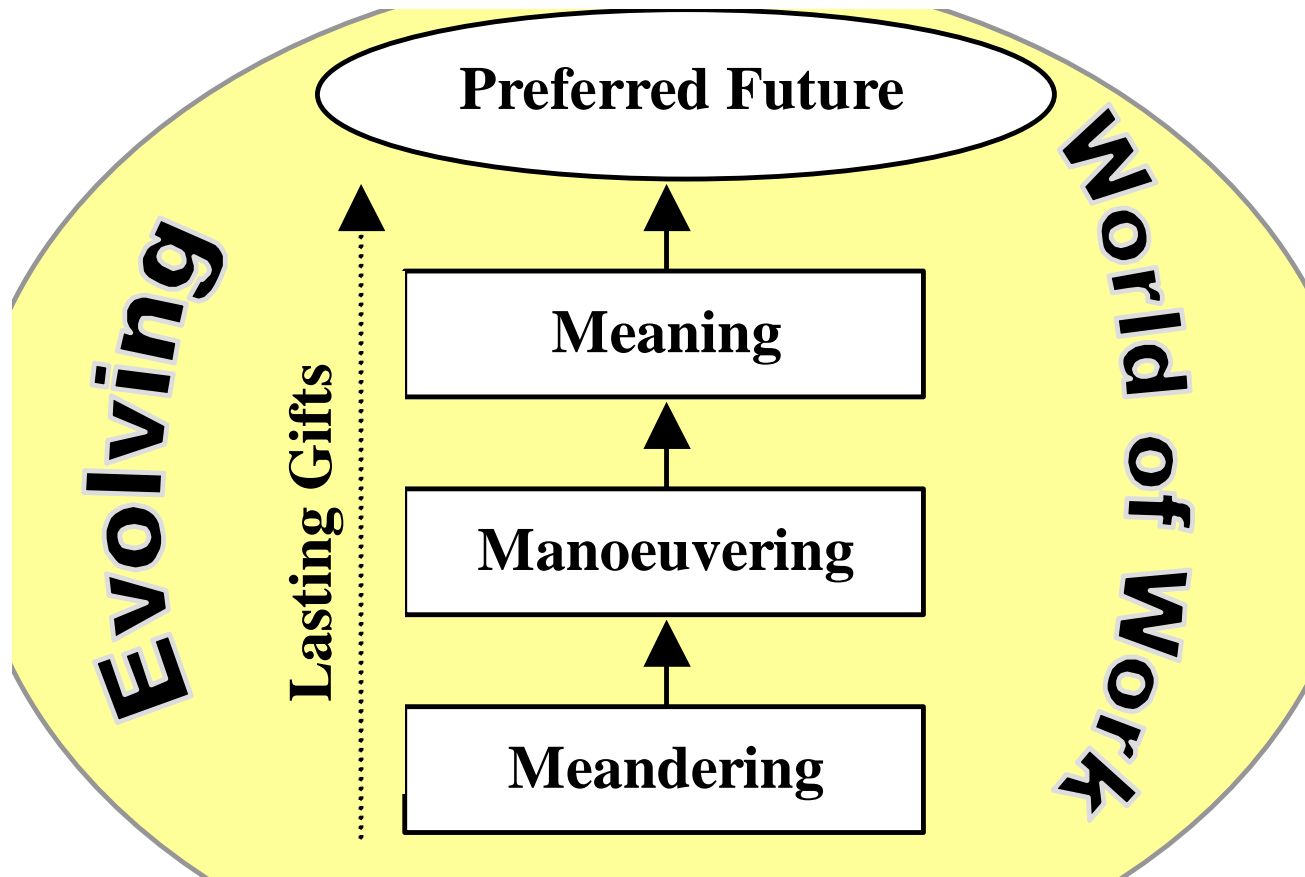
## **COMMITMENT**

(Let's show up on time, participate actively, do in-between workshop assignments)

## **FUN**

(Let's relax and enjoy the workshops)

# Overview



## Workshop 2 – Meandering

### Objectives

- To understand *Meandering*.
- To understand the importance of *Passions* as a basis for building a *Preferred Future*.
- To explore *Pride Experiences* and understand their connection to passions and skills.
- To explore *Curiosity*.



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## **Meandering**

*It's all about exploring and opening  
new horizons.*

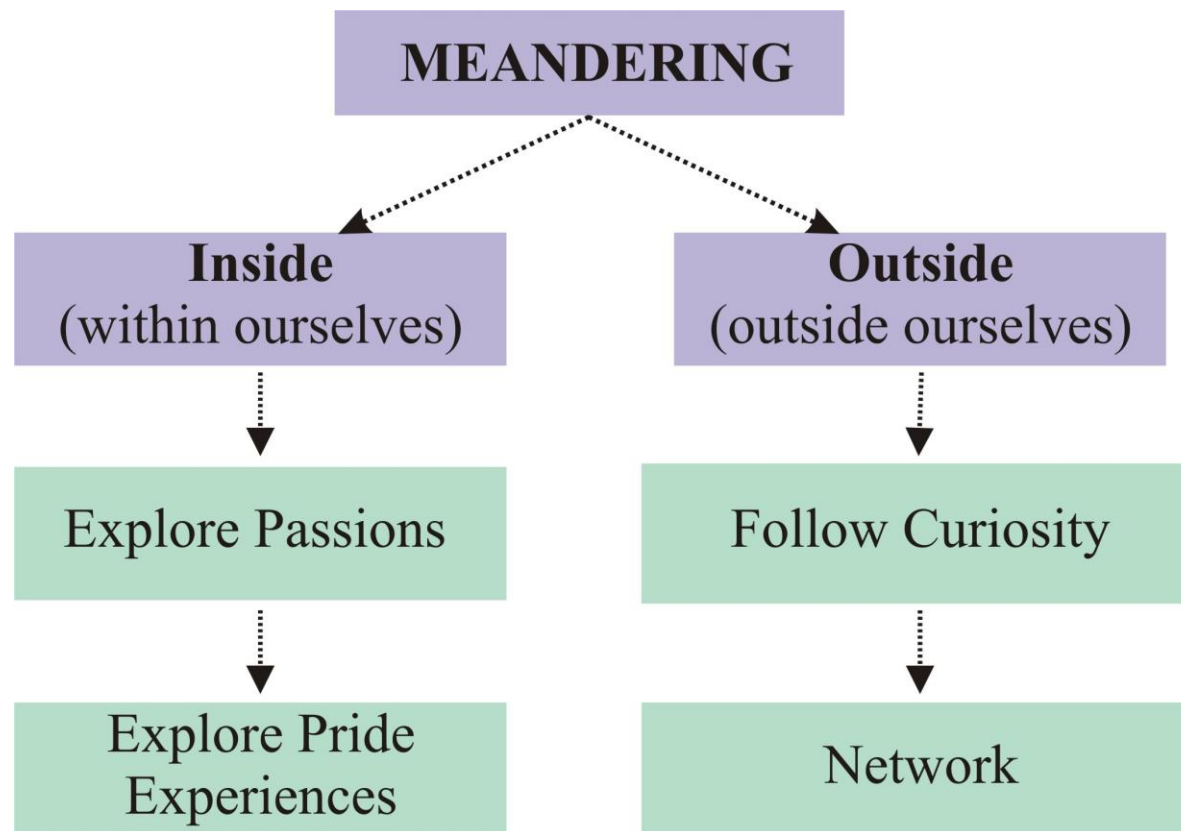
*It's taking a rambling stroll.*

***“The trouble with always knowing where you are going is that you’ll never end up anywhere else.”***

***“Take a wild goose chase once in awhile. That’s what wild geese are for!”***

H. B. Gelatt

# Meandering: Inside/Outside





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# 10 Things I Love To Do ...



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.





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For ♥ and \$





# Pride Experience

Something I did well, enjoyed doing and am proud of

WHAT DID YOU DO?	WHAT WERE THE CIRCUMSTANCES?	WHAT ARE YOU MOST PROUD OF?
WHAT SKILLS DID YOU USE?	WHAT DOES THIS SAY ABOUT YOU AS A PERSON?	



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# Employability Skills 2000

FUNDAMENTAL SKILLS	PERSONAL MANAGEMENT SKILLS	TEAMWORK SKILLS
<b>Communicate</b>	<b>Demonstrate Positive Attitudes and Behaviours</b>	<b>Work with Others</b>
<b>Manage Information</b>	<b>Be Responsible</b>	<b>Participate in Projects and Tasks</b>
<b>Use Numbers</b>	<b>Be Adaptable</b>	
<b>Think and Solve Problems</b>	<b>Learn Continuously</b>	
	<b>Work Safely</b>	

From: The Conference Board of Canada  
(see [www.conferenceboard.ca](http://www.conferenceboard.ca) for full reference.)



## Fields/Sectors of Work

- Agribusiness, Natural Resources & Environment
- Arts, Culture & Communication
- Business & Administration
- Computers & Technology
- Health
- Manufacturing
- Sales & Service
- Tourism, Recreation & Sports
- Trades & Construction

## Skills Needed in the Health Sector

- Reliability
- Maturity
- Empathy
- Positive attitude
- Good health and physical stamina
- Basic first aid training
- Tolerance for stress
- Knowledge in math and science (biology or chemistry)
- Interpersonal skills
- Likes helping and interacting with people



# Skills Needed in the Clothing and Textile Industry

- Creativity
- Stress tolerance
- Stamina
- Enthusiasm
- Communication skills

# Network - Example

**Katherine G. (3)**

**Jason B.(1)**

**Vicky S. (1)**



***Jodi***

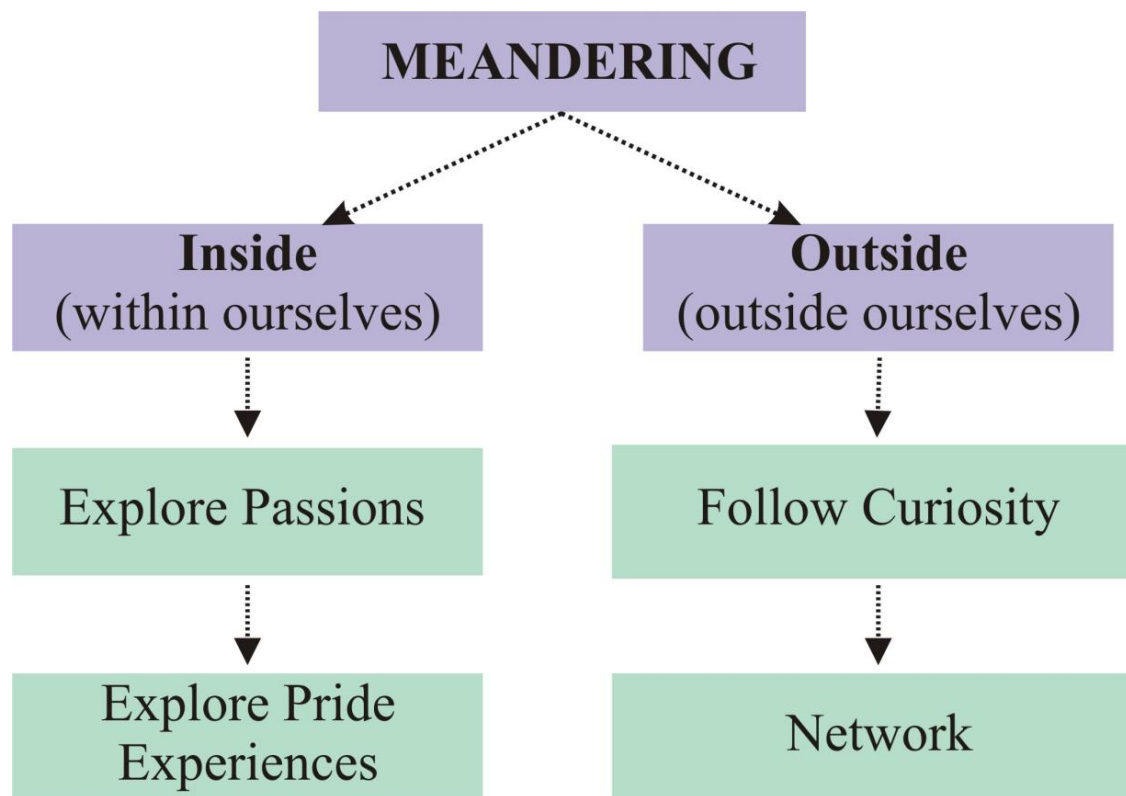
***Lighting Technician***

**George C. (2)**

**Helen L. (2)**

**Nicole V. (2)**

# Meandering: Inside/Outside







# What Parents/Adults/Teens Can Do ... ... to support meandering?

WHAT PARENTS/ADULTS CAN DO...	WHAT TEENS CAN DO...
Notice natural strengths	Notice what you pay attention to
Put reality test on hold	Trust what you love to do
Use “loved activities” to explore opportunities	Ditto
Watch for proud moments – tap them to find passions and skills	Trust your proud moments – explore and probe them
Be a network resource	Use available networks; seek new ones

## Workshop 2 – Assignment 1

Careers/Opportunities/Experiences I am curious about and want to find out more:

1.

2.

3.

4.

5.



# Workshop 2 – Assignment 2

## Something I Did Well, Enjoyed and Am Proud Of

WHAT DID YOU DO?	WHAT WERE THE CIRCUMSTANCES?	WHAT ARE YOU MOST PROUD OF?
WHAT SKILLS DID YOU USE?		WHAT DOES THIS SAY ABOUT YOU AS A PERSON?