

LASTING GIFTS WORKSHOP SERIES

Workshop 4 – Meaning



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)

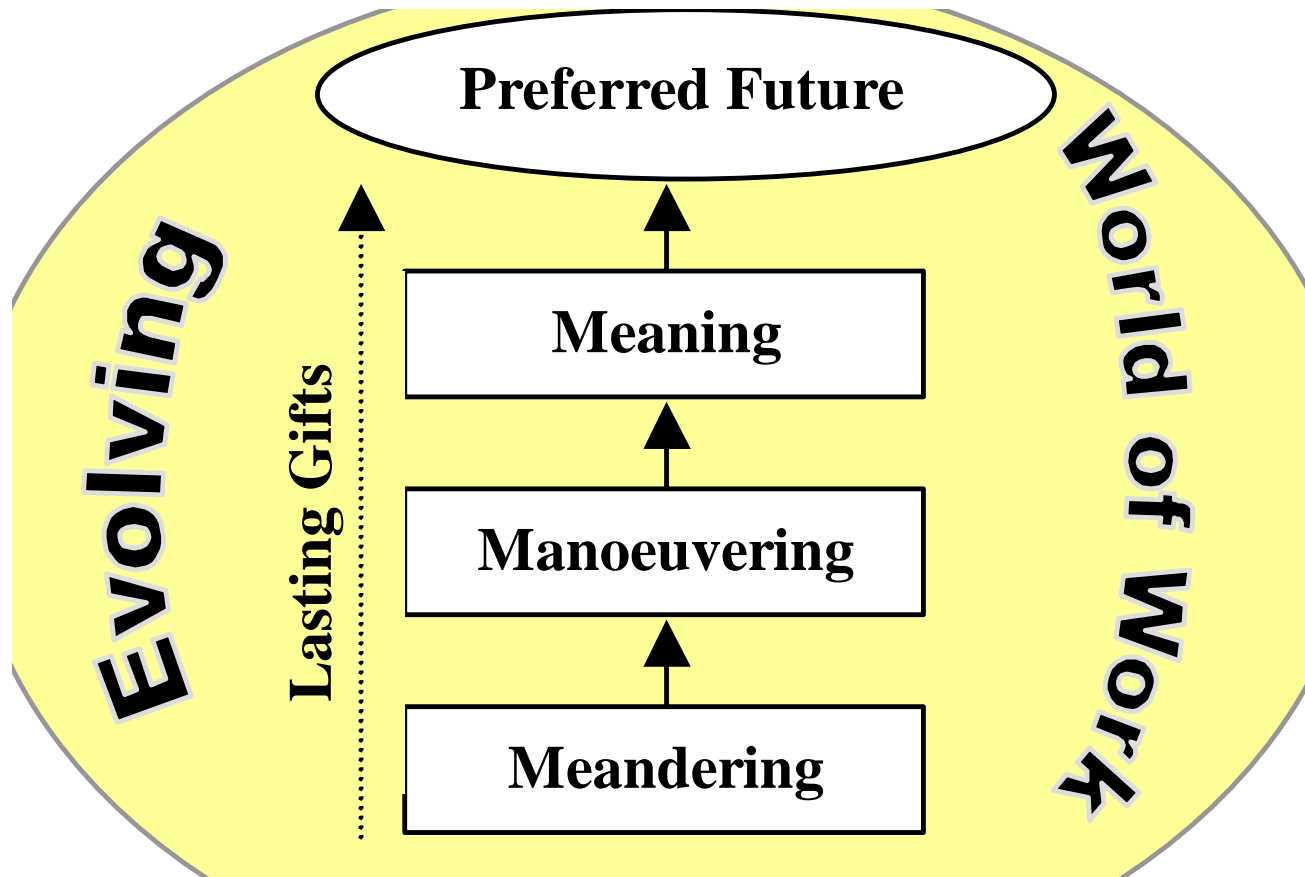
COMMITMENT

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

FUN

(Let's relax and enjoy the workshops)

Overview





Future to Discover

5 Lasting Gifts

Change is Constant

Follow Your Heart

Focus On The Journey

Access Your Allies And Be An Ally

Stay Learning

Workshop 4: Meaning

Objectives

- To understand the concept of *Meaning*;
- To use reflective learning as a practical meaning-making tool;
- To consolidate the workshop series.

The Krumboltz « Test »

- It is important to make a career decision
- It is essential to *finish* your education
- Make it your goal to have a secure retirement
- Don't let chance events interrupt your plans
- Take action only when you are sure of the outcome
- Avoid making mistakes
- Acquire skills before applying for the job
- Retire in order to rest from work

The Krumboltz « Test » Re-visited

- Keep your options open
- Continue learning as long as you live
- Have a satisfying life as a goal
- Deliberately create unplanned events
- Take actions to discover outcomes
- Use mistakes to learn
- Take jobs to learn
- Retire to new ways of helping others



Future to Discover

“The job isn’t hot if the spirit is not”

Bill Charland



Questions

- How do you find out what is meaningful to you?
- What will move you closer to your preferred future?



Kinds of Experiences

	Done	Would Like To	Not Interested
Volunteer Work			
Get Co-op Experience			
Job Shadow			
Part-Time Work			
Summer Camps/Programs			
Join a new organization			
Plan a “gap” year			
Try out a new hobby			
Information interview			
Other:			



Reflective Learning

is when you stop and think about what an experience has actually taught you.

is questioning yourself about what was important or valuable for you to learn from that experience.

Reflective Questions

- What was meaningful about that experience? Why was it meaningful?
- What was not meaningful? Why was it not meaningful?
- What does this tell you about you?
- What does this tell you about your *Preferred Future*?
- Did this experience move you closer to or further away from your *Preferred Future*?

Signposts for Finding What Matters to You

1. Listen to my “inner net” experience more experience even more experience
2. Explore widely and deeply the “inner-net” and the “outer net” experience even more experience
3. Reflect on all the above experience more experience even more experience

_____ *over time, you will know* _____

3 "M" Activities: What was Meaningful? What does it tell me?

Workshop 1:

- Preferred Future
- Lasting Gift messages
- Pyramid & Diamond workplace
- Trends – Opportunities and Forecasts

Workshop 2:

- For Love and Money
- Pride Experience Stories
- Employability Skills
- Creating Networks

Workshop 3:

- Identifying Skills and Finding Proof
- Information Interviewing
- Researching Internet resources
- Have a Plan B

Workshop 4:

- Krumboltz “Test”
- 3 Signposts:
 - Listen to the Inner Net
 - Explore widely the Inner Net and Outer Net
 - Reflect on and Learn from experience



Meaningful Work

Work which gives me a sense of purpose and connects with who I am and what I would like to contribute

Preferred Future

Our Preferred Future is about what matters to us, what contribution we want to make, and what brings us joy and satisfaction



Lasting Gift Messages

- Every decision moves us closer or further away from our preferred future
- We can always get back on the path
- It is a journey, not a destination
- There is much more in our preferred future than paid work
- No career decision is likely to be fatal; many roads can lead to the same preferred future
- The best way to have the future you want is to start imagining it that way
- Believe in your own lasting gifts
- Remember – no one has been to your preferred future – it is for you to create



Future to Discover

Preferred Future Agreement

WHAT MESSAGE?	WHAT ACTIONS?	WITH WHOM?	WHEN?
Signatures:		Date:	

Moving To Your Preferred Future

What can Parents/Adults Do?	What can Teens Do?
Encourage diverse experience	Learn and work taste as much as possible – main roads and side roads
Honour work of all kinds	Reflect on experiences to discover what matters to you
Believe in the gift within	Believe in yourself and do not underestimate your possibilities
Give roots and wings	Fly!