Vision Quest: Creative Strategies for Self-Exploration and Future Planning

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The world is your oyster! Become your dream! Carpe Diem!

These are wonderful sentiments but can be overwhelming for youth who are unsure of who they are and have limited outlook for their future.

In this workshop, participants will employ hands-on strategies for helping youth to explore

In my work with high school aged teens, I am often struck by how uncertain many youth are about the direction they want to take in their lives. While there are always the enlightened few who have it all figured out, the majority are floundering. Some are on automatic pilot, floating along on a course that has been set out for them by others, some are running over and over again into the same obstacles, and some are questioning the path that they have set upon.

One thing that they all share, that we all share, is a *desire* to chart our own course.

Amidst all of the chaos of high school, all of the pressure to succeed, all of the adult wisdom about what is best for kids, stand our youth: full of uncertainty and questions about who they are! As lost and misguided as they may feel, the truth is, they are just where they should be: questioning, dreaming, experimenting! As trusted adults in their lives we have the unique and wonderful opportunity to be guides through this journey. We can facilitate a process that allows them to do just what they need to do…ASK! WONDER! DREAM! in a safe space.

Together we will experience and share strategies that can empower young people (and old people!) to explore themselves and their own individual vision for their future.

We will learn a little bit about each other and ourselves…

We will explore the importance of gratitude in our lives…

We will check in about our own values…

We will identify our vision for our own lives…

We will remember who's in our corner…

We will begin planning to turn our vision into reality…

We will HAVE FUN!

Resources

The Right-Brain Business Plan, by Jennifer Lee
The Vision Board, by Joyce Schwarz
Chop Wood, Carry Water, by Rick Fields
The 7 Habits of Highly Effective Teens, by Stephen Covey

Contact Me!
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