

## Brief Summary of Session

- A useful starting tool to build a picture of where a young person is at and where they might want to go in the future and aspirational goals.
- Helpful to map out things to sort out now and things to sort out later
- Understanding their current situation, challenges they may face and their hopes and aspirations for the future
- Can lead to Action Planning

## What is the intended outcome of the session from a young person's perspective?

- Understanding their current situation, challenges and hopes
- Non- confrontational
- Start to do think about Aspirations and goals and simple action planning skills

## What Practice Principles are Relevant?

- You are the expert in your life, you deserve the freedom and respect to make your own choices
- You can make an informed choice about the support you receive from Home Stretch



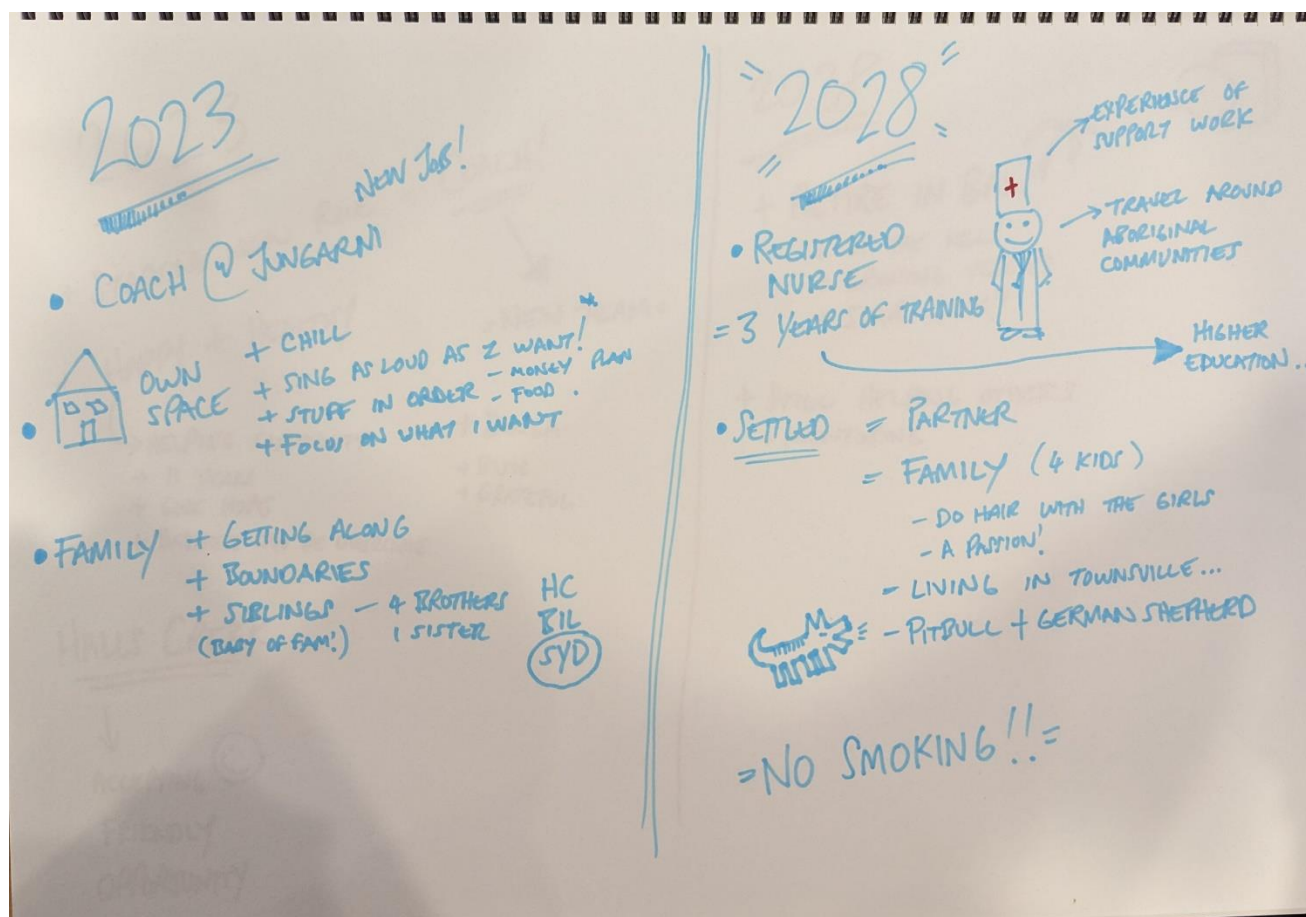
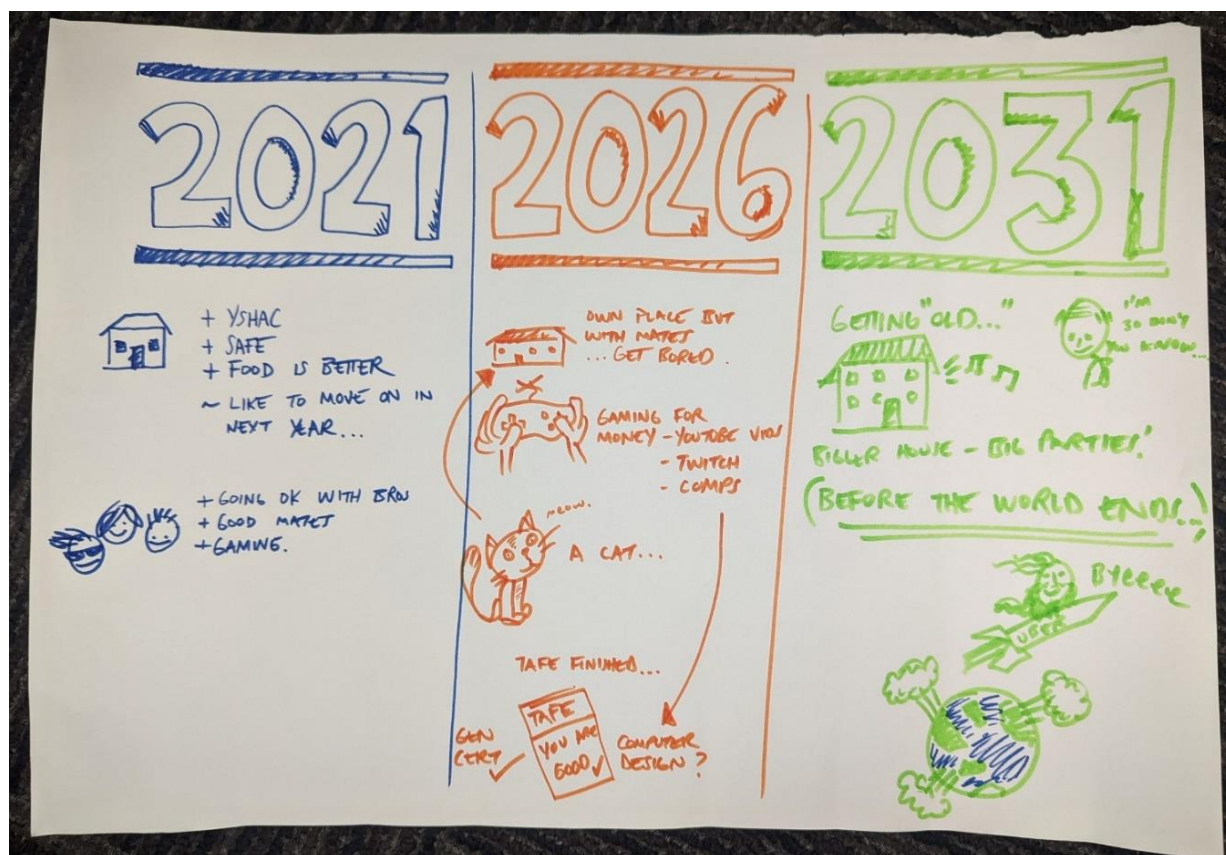
## Step by Step Session Plan

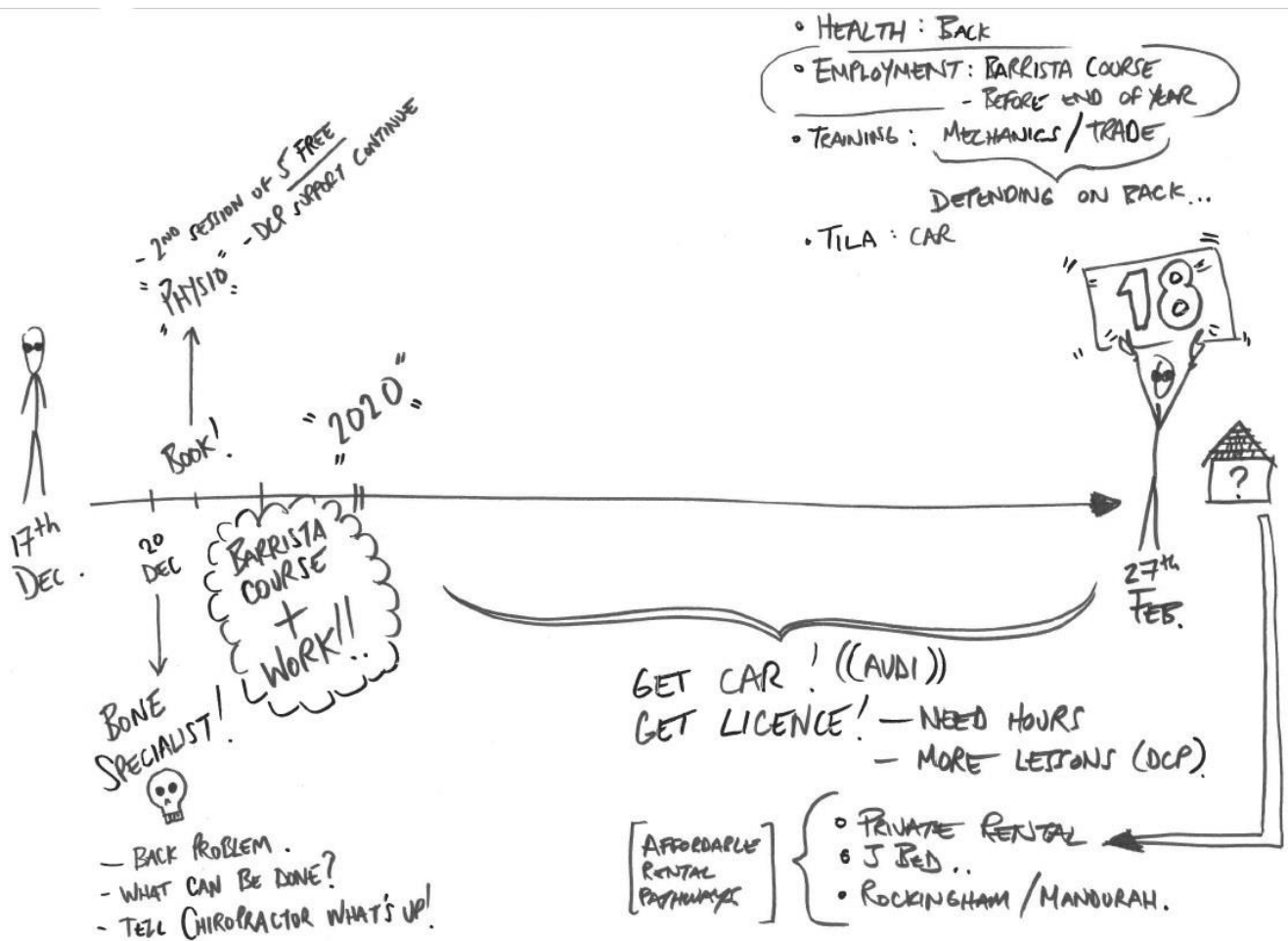
1. Speak to the young person and explain the activity & ask them where they would feel most comfortable to meet to do some goal setting, e.g. meet out in public at a park or cafe, etc.
2. Draw a line on the paper- Prompts- things to sort out now things to sort out later or current focus/ future focus, current year-future years.

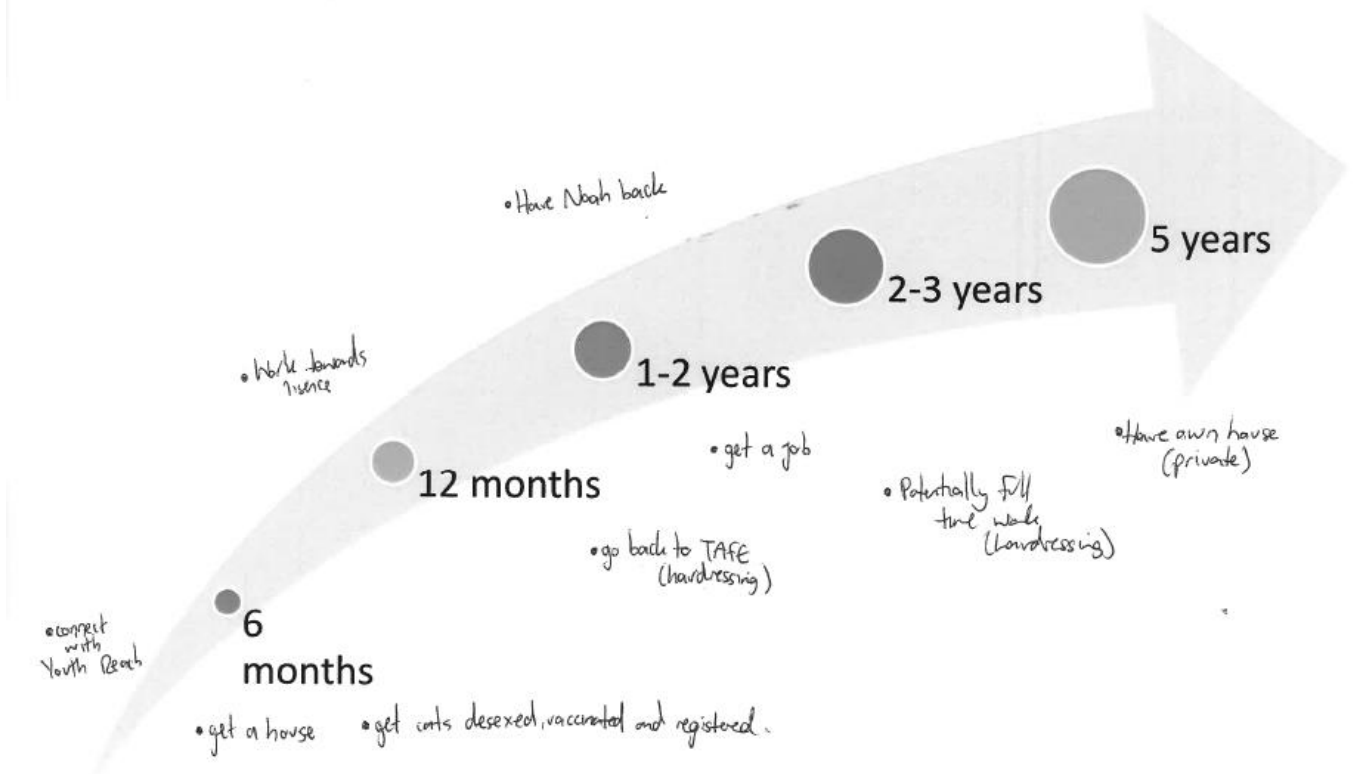
## What Tools or Forms can be used?

- Paper, Sketchbook, textas

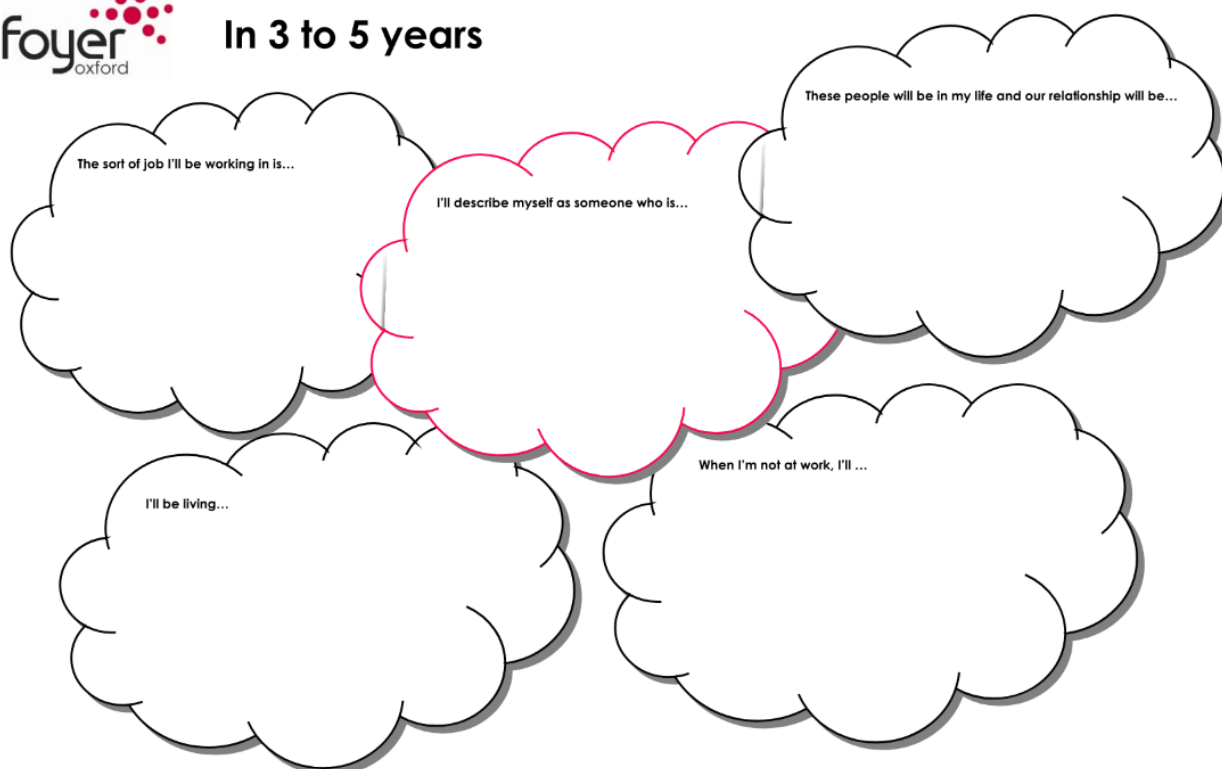
## Example Tools/ Case Studies:







Where do you see yourself in 6 months, 12 months, 1-2 year, 3-5 years?



This template uses questions to prompt the young person to think about the different areas in their life;

*"The sort of job I'll be working in is?"* Encourages the young person to think about what they would like to do for work.

*"I'll be living with?"* Encourages the young person to think about housing and accommodation and where they might like to live.

*"When I'm not at work, I'll...?"* Encourages the young person to think about their interests outside of work. They may have interests or hobbies e.g. The young person enjoys playing basketball. The Transition Coach could support the young person to find out who their local basketball team is and join. The young person may also want to develop and build on their skills and may be interested in enrolling into a course. This question may assist the Transition Coach with supporting the young person to identify some aspirational goals.

*"I'll describe myself as someone who is...?"* Encourages the young person to engage in self reflection and may provide the Transition Coach to identify a Young Person's strengths.

*"These people will be in my life and our relationship will be..?"* Encourages young person to discuss and identify the important people in their life and their support networks. It may also support the young person to identify relationships that they would like to build and strengthen. This may be an opportunity for the Transition Coach to support the young person to engage in some family mapping sessions.