

### Brief Summary of the session

Vision boards are a way to understand a young person's current situation and what's important to the young person, their interests, goals and needs.

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

A great way to get an understanding about a young person's aspirations for the future and insight into their life.

### What Practice or System Principles are Relevant for the coach?



### What do you do (Step by Step Guide) to run this session?

#### Preparation:

- Before the session, it is good practice for the Transition Coach to have completed 'Vision Board' about themselves or have some understanding of how to do the activity.
- Contact the young person directly to arrange a time to catch-up at a place and time that suits them, and feels safe and private, such as a library, office, their home, or a park.
- Send a digital message to the young person the morning of the catch up to remind them.
- Take with you the below recommended tools and forms.

#### Location:

Discuss the location with the young person, choosing somewhere that is most comfortable for them. To encourage open discussion in a safe and respectful way, choose somewhere that offers some privacy – a crowded coffee shop may not make a young person feel comfortable speaking about their life, personal goals, and the challenges they face. Typically, their home, a local park, a private space at a youth centre/ library or something similar are good suggestions.

