

Maintaining change

Session 4 – Leisure, Vocational, Educational plans

Today's session

- Welcome
- Introductions
- Group agreements
- My leisure plan
- My thoughts about work
- Employment, education or training ideas
- Feedback and close

Introductions and check in

Hello! ... introductions

What brought you along to this session?



Areas of interest, likes and dislikes

- Things that interest me... Things I like....
- What have I done that is interesting?
- Things I dislike... Things that bore me...
- Things I'm good at....
- If you really could choose, what things would you like to do for leisure?



My leisure plan

If you really could choose, what would you like to spend time doing for leisure?

The things I'd like to do	What could make this possible	Next step (e.g. where to look/who to contact)



My thoughts about work

What would be my reasons for working?

Money? Structure? Responsibility?
Pride? Independence?

I want to work because.....



My thoughts about work

What would be my reasons for working?

What do I want to be doing? In reality/my dreams

What don't I want to be doing?

What sort of people do I want to work with?

How long do I want to do this for?

Do I want to be challenged:
Physically?
Intellectually?
Emotionally?

Do I want full time work?
Why?

Do I want part-time or temporary work? Why?

Would I do part-time if it was in the right area and might lead to a full-time job eventually?

Would I do a job for experience or to make contacts?



Employment, Education or Training search plan



Job / Course / Training	Organisation / contact name / number	Action to be taken? (research / send letter / fill out application form / phone)	When by? (date / time)
		-	
		-	
		-	
		-	

Feedback

- How has today been?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources,' including mutual aid.
- Thank you for coming, the next session reviewing, considering next steps and developing an after-care plan.