

# MOVING ON

30 NOVEMBER.

**Alex**

MUM  
DAD  
GRANDPA JOE  
RILEY (Friend)  
RENEE (neighbour)

FACILITATED BY  
ALICE  
JASON

"Go for it Alex"

"Wohoo! Here I come"

"ALL is doable"

"An exciting future"

NOW	FIRST STEPS	GOALS WITHIN THE NEXT YEAR
<p>At a <b>X</b>roads. Scared / excited about future.</p> <p>Want my own house</p> <p>walking 2x per week</p> <p>Learning to grow vege with Renee</p> <p>Recycling at home</p> <p>Recently saw doco about beach clean up &amp; want to do this.</p>	<p><b>WHO CAN HELP &amp; BY WHEN</b></p> <p>Add 1 extra walk or fitness session per week (Alex, by end of week).</p> <p>Find out about local running/walking Clubs (Alex &amp; Mum, by Christmas).</p> <p>Set up vege garden &amp; plant seasonal vege (Alex, Renee, by Christmas).</p> <p>Check out local Community garden (Alex &amp; uncle James by March next year).</p> <p>Talk with family about work or study (Alex, by end of the week).</p> <p>Check out Careers.govt.nz to see what work I may enjoy / be good at (Alex &amp; Jono, by this Sunday).</p> <p>Research Live music events &amp; start saving (Alex &amp; Riley, by this Christmas).</p> <p>Book tickets to Live music event (Alex &amp; Riley, by next July).</p> <p>Open a travel savings account &amp; set up A.P (Alex &amp; Dad, by next April).</p>	<p><b>COMPLETE 5KM RUN</b></p> <p><b>WATCH MY FAVOURITE BAND PLAY LIVE</b></p> <p><b>PAID WORK</b></p> <p><b>REGULAR HELPER AT THE COMMUNITY GARDEN</b></p> <p><b>TRAVEL AND ADVENTURE</b></p> <p><b>BEACH CLEANUP</b></p> <p><b>MY OWN FAMILY</b></p> <p><b>STAYING CONNECTED</b></p>

"HAPPY TO HELP"

"A Rich & full future"



Are you stuck at a crossroads in your life? Do you need focus for your future? Interactionz can help you make a plan that moves you closer to your dream.







FOCUS is a planning tool which encourages you to:

- Dream about the life you want to live
- Set goals to live that life
- Decide on action steps to reach your goals and who can help

## The FOCUS process:

- You choose a time and place to meet where you are comfortable, confident and relaxed.
- You invite trusted supporters (e.g. whaanau, friends, support staff) to a planning session. The process usually takes about four hours, and it is important participants are not rushed.
- At the session, an Interactionz process facilitator talks with you and your supporters. You are encouraged to dream and share your dream for your life – without judgement. This gives an insight into what is meaningful to you.
- Supporters might be asked for their input too, but the plan is yours.
- An Interactionz graphic facilitator records the information shared in colourful drawings and keywords on a large sheet of paper.

## There are four steps in the process:

-  1. Exploring your desired future – if anything is possible
-  2. Looking at your life now – what is happening, how you feel, etc.
-  3. Deciding on goals that will lead to the future you want
-  4. Identifying first steps towards achieving your goals


When these steps are completed, you will have a large colourful poster showing what your life is like now, and the steps you can take to reach your goals. You can take your poster home and pin it to the wall to remind you of the planning process and the goals you have set.

The FOCUS process helps people to plan for, and live, their best lives. FOCUS also enables a group of individuals to explore and plan for their own lives at the same time.

If the FOCUS process doesn't meet your needs, talk to us about other planning tools we offer. We can even design a process with you.

Once you have made your plan, Interactionz can provide mentors to help you achieve your goals. Some people are eligible for mentor funding.

### For more information, please contact Interactionz:

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The FOCUS process is based on the PATH planning tool by Jack Pearpoint, Marsha Forest and John O'Brien.

