

HAVE MY OWN HOME

# MOVING ON

30 NOVEMBER.



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

FACILITATED BY, ALICE JASON

Learning to grow vege with Renee

Recycling at home

63

11 Go for it Alex"

"Wohoo! Here I COME"

"ALL is doable"

" An exciting future"



Check out local
Community garden (Alex & unde Jones
by March next year).

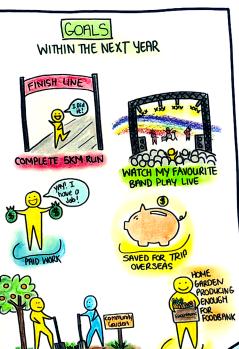
Talk with family about work or study
(Alex, by end of the week).

Recently saw
doco about beach
clean up & want
to do this.

Necessarch Live music events & start soving
(Alex & Riley, by this Christmas).

Book tickets to Live music
event (Alex & Riley, by next July).

open a travel savings account a set up A.P (Alex & Dad, by next April).



REGULAR HELPER AT THE

COMMUNITY GARDEN

AE RODEN SODICING PRODBANK

MIN OWN FAMILY

CONNECTED TO MY HERITAGE

FRIENDS & FRIMLY

FRIENDS & FRIMLY

HOPES AND DREAMS

STRVING CONNETED

"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.

careers govt.nz to

ice what work I may



#### FOCUS is a planning tool which encourages you to:

ATTEND LIVE MUSIC EVENT

- Dream about the life you want to live
- Set goals to live that life

BEACH CLEANUY

• Decide on action steps to reach your goals and who can help

# **FOCUS**



#### 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:



Exploring your desired future – if anything is possible



2. Looking at your life now – what is happening, how you feel, etc.



Deciding on goals that will lead to the future you want



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.



