

## MOVING ON

MY STORY

SCHOOL

JUST ONE PERSON CAN CHANGE THINGS

LEAVE ALEX ALONE!

KITCHEN HERBS

GROWING THINGS IS FUN!

WE CAN DO THINGS WHEN WE WORK TOGETHER!

WE DID IT!

30 NOVEMBER. **Alex** MUM DAD GRANDPA JOE

RILEY (Best friend) RENEE (Neighbour) FACILITATED BY: ALICE JASON

"Go for it Alex"

"It's all doable"

"An exciting future"

"A RICH & FULL Life"

"Happy to Help"

"Woohoo! Here I come"

WHO	ACTION STEPS	BY WHEN
ALEX, MUM & DAD	DECIDE IF IM GOING TO DO MORE STUDY OR GET A PAID JOB.	END OF THIS DECEMBER.
ALEX & LOUISE	RESEARCH LOCAL ENVIRONMENTAL GROUPS.	MID DECEMBER THIS YEAR
ALEX & UNCLE JAMES	CHECK OUT THE LOCAL COMMUNITY GARDEN.	END OF MARCH NEXT YEAR
ALEX & MUM	FIND OUT ABOUT LOCAL WALKING/RUNNING CLUBS TO JOIN.	BY THIS CHRISTMAS
ALEX & RILEY	RESEARCH LIVE MUSIC EVENTS I MIGHT LIKE TO ATTEND.	BY NEXT SUNDAY

**WHAT IT WILL TAKE**

ENCOURAGEMENT TO PUT MYSELF OUT THERE.

LEARNING MORE ABOUT GARDENING & CONSERVATION

HELP WITH TRANSPORT

DETERMINED! HARD WORKING.

LIKE BEING WITH PEOPLE

A GOOD FRIEND

WANT TO BE FIT AND HEALTHY

COMMUNITY MINDED

**GIFTS & STRENGTHS**

HELP TO FIND LIKE-MINDED PEOPLE "MY TRIBES" (ENVIRONMENT, RUNNING, MUSIC)

MORE SOCIAL EXPERIENCES

FUNNY

ENJOY LEARNING

WANT TO DO THINGS FOR MYSELF!

CARE ABOUT THE PLANET AND ENVIRONMENT

HAVE GREEN THUMBS

THOUGHTFUL

**HOPES & DREAMS**

TRAVEL ADVENTURE

EARN MONEY

MAKE A DIFFERENCE

FAMILY & FRIENDS STAYING CONNECTED

FIT, HEALTHY, NEAT

HAVE MY OWN HOME

MY OWN FAMILY

LIVE MUSIC EVENT

CONNECTED TO MY HERITAGE

TIME AT THE BEACH

BEACH CLEANUP

THE NIGHTMARE



People lead more fulfilling lives when they share their skills and talents with others, and communities are richer when everyone contributes.

MAP is a planning process which finds the gifts and strengths you (the MAPmaker) can offer your community.



### MAP helps you:

- Identify your gifts and strengths
- Dream about your best life
- Decide on some action steps to move forward using your gifts and strengths

## The MAP 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 six steps:

-  1. Remembering times which teach you about your gifts and strengths
-  2. Dreaming about your good life – if anything is possible
-  3. Recognising the ‘nightmare’ – the life you want to avoid
-  4. Identifying your gifts and strengths
-  5. Understanding what it takes for your contribution to be received by the community
-  6. Deciding on some action steps to move forward

At the end of the process, 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 yourself.

If the MAP 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 MAP process was created by Jack Pearpoint, Marsha Forest and John O'Brien.

