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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

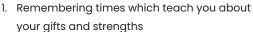


## The MAP process:

- 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.



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- 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:
0	Bernie Kerr
	bernie@interactionz.org.nz
C	07 853 3787
0	027 533 2175
	www.interactionz.org.nz

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 Max