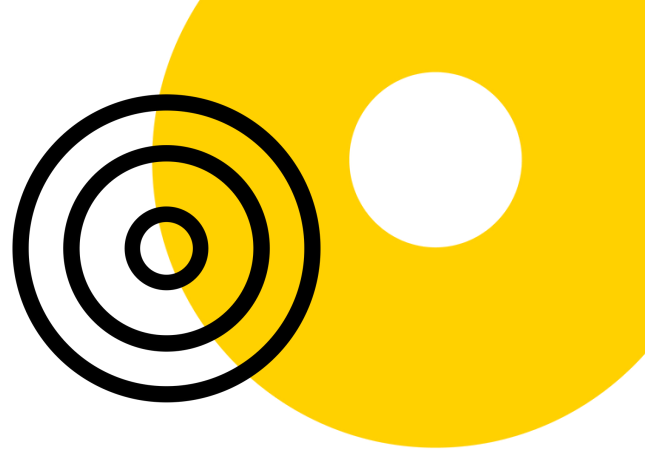


YEAR 8: PURPOSE WORKSHOP



“The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.” - Steven Spielberg

WORKSHOP DESCRIPTION

This 90 minute face to face workshop focuses on self-reflection and exploration of individual strengths, passions, and pathways. Participants identify what purpose means to them and how to embrace their unique journey. Through activities like the Bucket List and Choose Your Own Adventure, they build self-awareness, develop goal-setting skills, and understand the power of aligning their lives with their strengths and passions.

WORKSHOP OUTCOMES

- To understand what is purpose?
- Understand that life is full of challenges, but there are different ways to perceive these challenges and learn from them.
- Reflect on what their individual pathway in life could look like
- Identifying personal strengths
- Complete Bucket list and understand what will give purpose and meaning to their lives

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** Actively participate in all activities, modeling curiosity and enthusiasm. Your involvement helps create a supportive environment for students to explore their purpose.
- **Highlight their strengths:** If you've built relationships with any students, take the opportunity to share the strengths you've noticed in them. Hearing this from a mentor can be incredibly empowering.
- **Draw out their passions:** Encourage students to reflect on what lights them up. Ask open-ended questions like, “What’s something that makes you lose track of time?” or “What excites you the most about your favorite activities?”
- **Be curious:** Show genuine interest in their ideas and experiences. Your curiosity will inspire them to think more deeply about their strengths and passions.
- **Empower connection:** This workshop is an opportunity for students to connect with what drives them from within. Be supportive and encouraging as they explore their unique qualities and interests.