

**WHERE TO
NOW?**

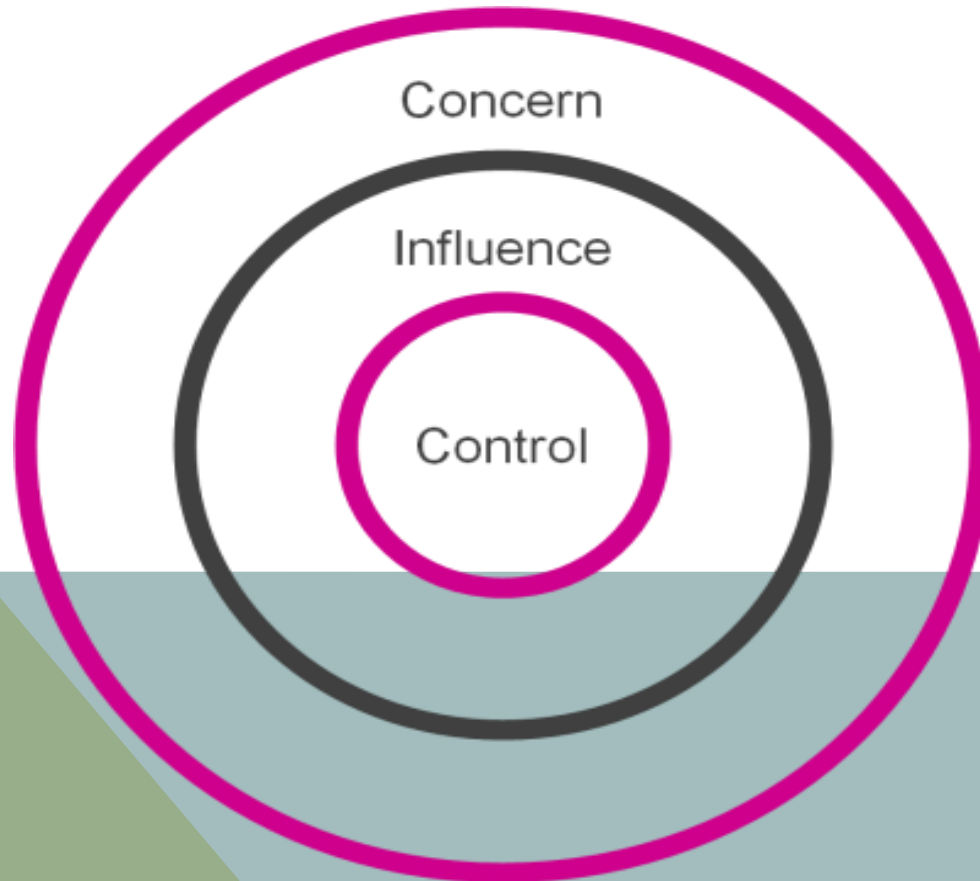
KNOWING YOURSELF

In this session we identified personal traits and found a metaphorical animal with which to identify. This was a powerful way to get to know ourselves



BOUNDARIES EXPLORED

In these two sessions we discovered our personal autonomy and learnt about other boundaries and who belongs in them, By writing down the people in our lives and where we allow them ,we learnt about our personal boundaries



CORE VALUES SELF IMAGE AND GOALS

Here we learnt how by having a positive self image, being aware of your core values and setting goals you maintain your boundary of autonomy and control



core
values



INTERPERSONAL RELATIONSHIPS

In the first session we saw how branding , although a self actualization tool is also the image we present to the outside world. It is the start of our interactions with others.

First
impressions
count. How
do people
see you?

pleasant
quiet
passionate
nosey
grating
creative
faint

INTERPERSONAL RELATIONSHIPS

In who are you hanging with we challenged ourselves to take stock of the company we keep. We also focused on the importance of true friendship and mentorship and how relationships of care and trust are in the end ,what is most important.,



INTERPERSONAL RELATIONSHIPS

In the art of conflict resolution we learnt that although conflict is inevitable we can transcend it and use it as a creative force, rather than a destructive one



INTERPERSONAL RELATIONSHIPS

In Ubuntu we learned the ethics of interrelatedness, to recognize our common humanity and the importance of belonging to ,serving in and receiving from our communities. A complex interconnection of rights and responsibilities. By doing this we gain a more human face. THIS is Steve Bikos “glittering prize”



PERSONAL MISSION AND VISION STATEMENT

With the above tools we can now create a personal vision and mission statement.

As you express this complex inner world in the written word , you create something tangible and real

You can use them for your cv and in letters of introduction
As well as to keep you mindful of who you are, where you are and what you want to be.

MISSION STATEMENT

**This contains your present
accomplishments
Values and traits.**

**It defines your purpose and
reason for being alive.**

**It talks to your self image,
character traits and core values**

"What makes you who you are and what you do".




VISION STATEMENT

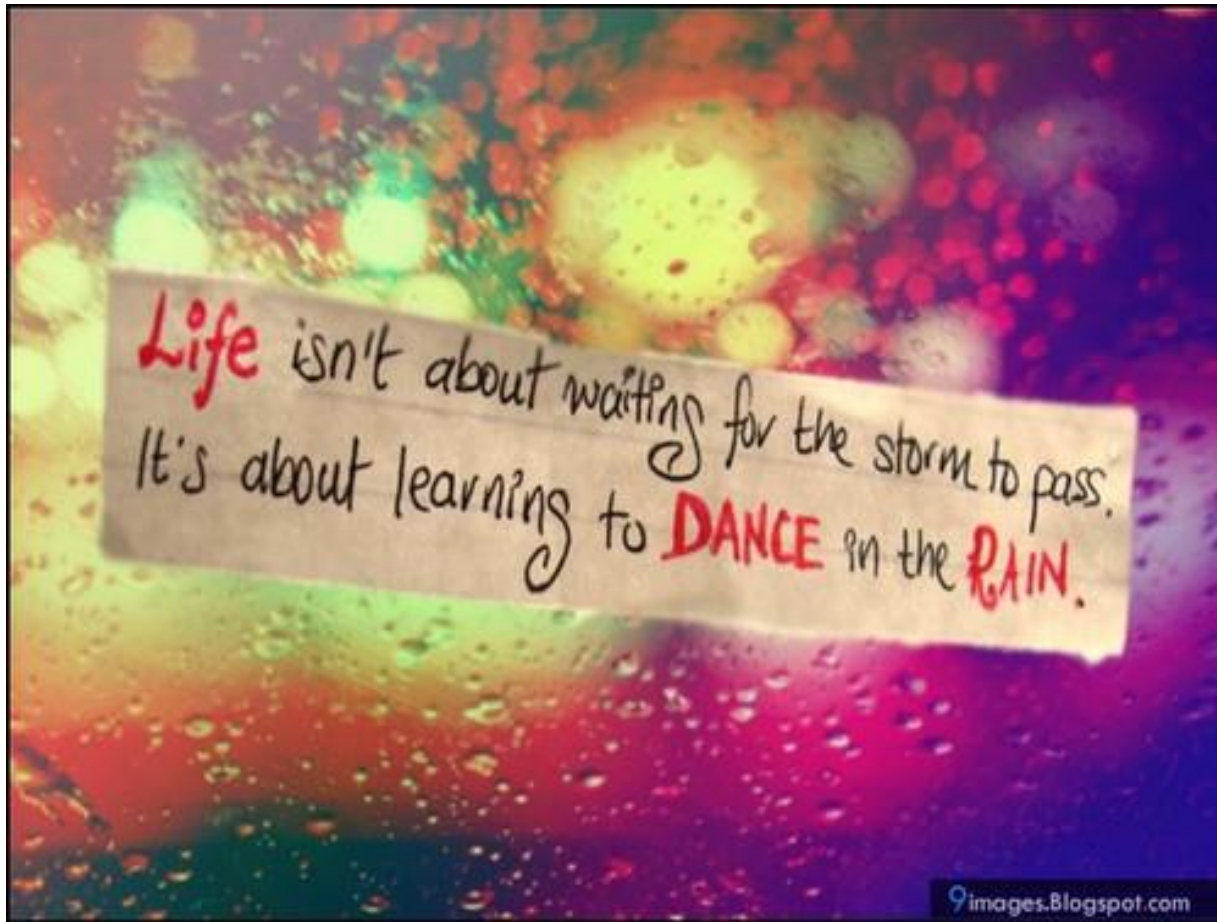
**Flowing directly from your mission statement
A Vision Statement is a short paragraph which
provides an inspirational image of the future
A vision reflects **my future** actualisations and
aspirations.**

**This statement encompasses my short, medium
and long term goals**

**“An Image or dream of the future you seek to
create”**

**I HOPE YOUR TOOL
BOX IS BETTER
EQUIPPED!!!
HERE ARE SOME
PARTING QUOTES**





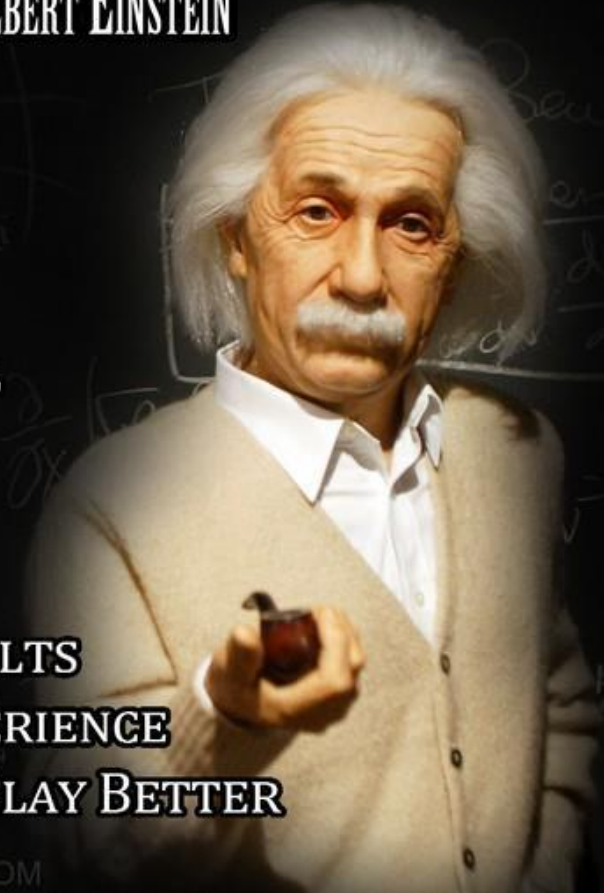
LIFE isn't about waiting for the storm to pass.
It's about learning to **DANCE** in the **RAIN**.

"I am still learning"
Michelangelo at age 87

WELCOME TO
TODAY
ANOTHER DAY
ANOTHER
CHANCE
FEEL FREE TO
CHANGE

10. AMAZING LIFE LESSONS YOU CAN LEARN FROM ALBERT EINSTEIN

1. FOLLOW YOUR CURIOSITY
2. PERSEVERANCE IS PRICELESS
3. FOCUS ON THE PRESENT
4. THE IMAGINATION IS POWERFUL
5. MAKE MISTAKES
6. LIVE IN THE MOMENT
7. CREATE VALUE
8. DON'T EXPECT DIFFERENT RESULTS
9. KNOWLEDGE COMES FROM EXPERIENCE
10. LEARN THE RULES AND THEN PLAY BETTER



LOOKING AFTER YOURSELF IS THE FIRST STEP TO IMPACTING POSITIVELY ON OTHERS

12 Steps To Self Care

1. *If it feels wrong, don't do it*
2. *Say "exactly" what you mean*
3. *Don't be a people pleaser*
4. *Trust your instincts*
5. *Never speak bad about yourself*
6. *Never give up on your dreams*
7. *Don't be afraid to say "No"*
8. *Don't be afraid to say "Yes"*
9. *Be kind to yourself*
10. *Let go of what you can't control*
11. *Stay away from drama & negativity*
12. *LOVE*