# Understand- Vision Board – Practice Guidelines



#### Brief Summary of the session

Vision boards are a way to understand a young persons current situation and whats important to the young person, their interests, goals and needs.

### What is the intended outcome from the session from a young person's perspective?

A great way to get an understanding about a young person's aspirations for the future and insight into their life.

## What Practice or System Principles are Relevant for the coach?



#### What do you do (Step by Step Guide) to run this session?

#### Preparation:

- Before the session, it is good practice for the Transition Coach to have completed 'Vision Board' about themselves or have some understanding of how to do the activity.
- Contact the young person directly to arrange a time to catch-up at a place and time that suits them, and feels safe and private, such as a library, office, their home, or a park.
- Send a digital message to the young person the morning of the catch up to remind them.
- Take with you the below recommended tools and forms.

#### Location:

Discuss the location with the young person, choosing somewhere that is most comfortable for them. To encourage open discussion in a safe and respectful way, choose somewhere that offers some privacy – a crowded coffee shop may not make a young person feel comfortable speaking about their life, personal goals, and the challenges they face. Typically, their home, a local park, a private space at a youth centre/ library or something similar are good suggestions.



# Vision Board

Vision Boards are

1) a creative and non-confrontational way to start discussing what's important to the young person, their interests, goals and needs, and

2) a great way to consolidate and display the young person's goals and aspirations. It is thoughtful to consider the details when preparing for this activity (What colour poster would the young person like? What's their favourite colour?), as they may like to hang their Vision Board up where they are staying.

# Step by Step Session Plan:

- 1. Spread out the poster, texters, glue, scissors, magazines etc. on a flat surface.
- 2. Use the 'Life Wheel' or 'SORTLI app' as a guide to discuss the different life domains.
- 3. When considering a life domain, encourage the young person to reflect on what they might need or aspire to achieve in that area of their life.
- 4. Encourage the young person to draw/ write on the poster what comes to mind or suggest flicking through the magazines to find images that depict the young person's wants/ needs.
- 5. Encourage reflection and discussion, asking curious, open-ended questions to gain an understanding of YP world in their own words.
- 6. Support the young person to make a list of what is most important to them right now.
- 7. Take a photo of the Vision Board and send it digitally to the young person, offer for them to take the Vision Board home, or offer to keep their Vision Board in the office for them.

## What Tools or Forms?

- <u>Vision Board</u> Online Guide to vision boarding
- Piece of poster paper, texters, magazines (for clippings), glue, scissors, stickers (stars, dots to highlight different areas that are priorities) etc.