



GUIDELINES for research on existing methods

CEP ES (ESCOLA PRAT)

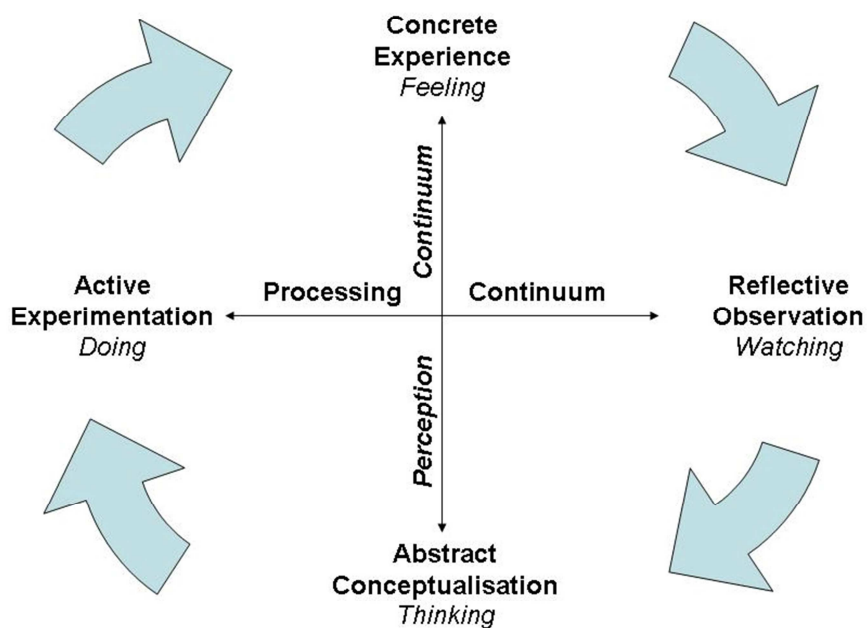
How to find your mission in life

- Book used method in training in your company/organisation (project partner)
 eu project used method in external training other, please specify

1. Summary of the method, Introduction

It is an Experiential Learning Model, we start from the personal experience of the person or Concrete Experience, recalling his/her life and current situation without a conscious awareness. Then, we move to Reflective Observation phase where the person develops a greater, detached and profound view of his /her life, achievements and current situation, this is the phase where awareness of where I AM and where I 'D LIKE TO BE begins. Later we move to Formation of Abstract Conceptualization where the theory is explained and applied to his/her everyday and new developments can be achieved and measured. Active Experimentation is the phase where the person daily applies new practices and "mission in life" comes out from inner self, we reach the doing phase, this is the applicability individual phase for the person.

THE EXPERIENTIAL LEARNING MODEL



Book 1 : To be victorious in life, Paramahansa Yogananda, Self Realization Fellowship, Los Angeles USA. How we can realize life's highest goals by bringing the unlimited potential within us. The author provides practical counsel for achieving success, outlines definite methods of creating lasting happiness, and tells how to overcome negativity and inertia by harnessing the dynamic power of our own will.

Book 2: Living fearlessly, Paramahansa Yogananda, Self Realization Fellowship, Los Angeles USA. This book teaches how to break the shackles of fear and reveals how we can overcome our own psychological stumbling blocks. Shows life-transforming counsel and is a testament to what we can become if we have faith in our inner self of our true nature.

2. Basic assumptions of the method

Having a detailed and individual program, that can also be guided in groups from experience, using the experiential learning model, used in organizations and adult education approaches. Trainers need to have experience in this type of learning and they must have had gone through a similar inner personal development journey. Therefore learning by doing and learning from experience is pivotal to trainers. Avoiding theory is critical.

3. Aims of the method

To identify from the personal experience and start a journey of self development and inner change to discover an inner "Mission in life" that fulfils the person, taking into account talents, positive past experienced skills, motivations, passions and true mission. This is a journey from money to meaning, from making a living to real and meaning living.

4. What is meant by "finding your mission of life" in your method

Through this journey, the trainer coaches and accompanies the trainee through a personal journey in finding his/her mission in life, where everything, negative and positive experiences add to the process of finding the real "mission to life". Moving from doing a job to earn money to doing something meaning in life and also earning money for it. Changing the perspective and putting your natural talents, passions and skills to work together to "live your mission in life". May be this for some people implies changing a job, for others could mean doing the same from a different perspective, a more profound one. Also finding the niches in the market to find areas where this unemployed professional can find a way to render services. An important part of this process is to reinvent yourself workwise if needed. For example finding niches in our digital economy to render your services or acquiring new ones to create a sound business plan that together with your mission in life creates a powerful change in your life.

5. Trainer profile to support (un) employed persons in `finding their mission of life`.

5.1. Skills (of trainers) to apply this method:

1. Having found his/her mission in life, then coaching and counselling from experience is real and congruent.
2. Empathy
3. Listening skills
4. Coaching or Counselling skills
5. Learning by intuition
6. Viewing things from different perspectives
7. Sensitivity to feelings
8. Sensitivity to people (people oriented)
9. Learning by perception
10. Co-creating skills
11. Positive mind and positive thoughts
12. Conscious and Subconscious techniques to implement positive believes
13. Sound business knowledge in several markets is a plus

5.2. Knowledge (of trainers) to apply this method:

1. Having found his/her mission in life, then coaching and counselling from experience is real and congruent.
2. Coaching or Counselling knowledge
3. Personal Development specialist
4. Intuition techniques
5. Mindfulness <http://en.wikipedia.org/wiki/Mindfulness>
6. Yoga and Meditation techniques to raise self awareness
7. Creative visualization to conduct sessions
8. How erase limiting and negative believes
9. How to implant and develop positive and enriched believes

6. Used Method – structure & phases in practical useage

1. Where we are a
2. plan how and where we want to be,
3. what we want to achieve, disclose the dream
4. Self coaching life and the wheel of life
http://www.mindtools.com/pages/article/newHTE_93.htm

7. Motivation tools applied during the training to find the mission in life

- a. Wheel of life
- b. Meditation

- c. Creative visualization
- d. Affirmations
- e. Active and positive Contemplation

8. Target Group: (just mention which categories)

Qualification:

- Lower qualified people
- Middle vocational/general educated qualified people
- Higher vocational/general qualified people
- University level

Age:

- Age 30-39
- Age 40-49
- Age 50-59
- Age 60-66

Work:

- Employed
- Unemployed
- Does not matter

9. Applicability in European context

A simple and laic experience is paramount, applicable to all religions and faiths background, all cultures of Europe, therefore language and framework used must be, neutral, academic and western, based on latest scientific studies by reputed universities, professors, writers and scientists.

10. References

1. Book 1 : To be victorious in life, Paramahansa Yogananda, Self Realization Fellowship, Los Angeles
2. Book 2: Living fearlessly, Paramahansa Yogananda, Self Realization Fellowship, Los Angeles USA.
3. The wheel of life. Annexe 1