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| logo-eac-flag-LLP_nl LLP Grundtvig MISSIONGATE  **GUIDELINES for research on existing methods**  **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**

Based on Gerard Egan’s “The Skilled Helper” which is used commonly in both coaching and counselling settings in the UK and US.

The UK-wide Simon or Cyrenian movement of the 1960s encouraged members of local communities to open their hearts and minds to people who rejected or were rejected by normal society.

Practical help to combat poverty, isolation and homelessness would be provided by setting up outreach services and shared homes, run as conscious communities, offering a sense of belonging and involvement as much as a place to live: an alternative community.

Engaging with people trapped on the margins and working with them to fulfil their potential as contributing members of society.

1. **Basic assumptions of the method**

Methods used are holistic, client-led to identify both barriers and opportunities to realise personal goals. Trainers receive training in the interpersonal elements of building 1:1 relationships within recognised professional boundaries . They will develop effective 1:1 relationship with the client. This is captured in the Key Worker Practice Model (see below).

Core Values of **acceptance, respect and tolerance** with practical, day to day ways of working with people facing challenges in their lives.

**3. Aims of the method**

Key Worker Practice Model

* Our attitude. We treat people with the respect of equals (adult to adult). We respond to the whole person rather than just the evident problems.
* Our style. We work *with* people, preferring where possible to work ‘at the shoulder’ rather than from the other side of a desk. We want to create independence, not dependency.
* Our practice. We are flexible, tolerant and understanding. We are tenacious in the offer of help and, if we are can’t help we will guide people to those who can.

**4. What is meant by `finding your mission of life” in your method**

Cyrenians take a practical, holistic approach to working with their clients, who are often excluded from society. Rather than purely trying to find any job for them, they aim to support the person to reflect on themselves and their lives before planning what they want to change.

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

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

- passionate about people  
- ‘active’ listening  
- ‘powerful’ questioning  
- support change  
- communication clearly  
- challenge and motivate

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

- visualisation  
- use of resources and tools  
- training in life coaching skills, eg NLP  
- coaching techniques

**6. Used Method – structure & phases in practical useage**

The vital element is the individual’s willingness to change.

A Scoring Matrix system is used to chart their current position on aspects of their lives including employment, leisure and community activities, money management, housing, physical and mental health, friends, family and partners. They are then helped to reflect on how they feel about these aspects of their life using the Wheel of Life. This helps them identify what is important to them and prioritise.

The client’s skills are analysed to help the individual reflect on positive aspects of their knowledge and experience. The trainer also helps them to identify barriers to progress such as substance abuse, abusive relationships, money management or legal matters. By addressing all areas of their lives, communication is opened up enabling an honest and supportive relationship between counsellor and individual. The results are used to get the individual to set their own goals and prioritise them. This is discussed to visualise what this new vision would feel like, what their priorities are and how to achieve them. An Action Plan is then formed with the client.

A lot of time is spent analysing skills. Clients often find this difficult initially and the process helps them visualise what their lives could look like in the future.

As progress is made the Scoring Matrix is then referred to regularly to show the client the progress they are making by measuring changes in their perceptions, feelings and thoughts on progress towards their goals. What has changed, how did the changes happen and what they want to happen next are examined. This is an on-going process with no end date set.

**Wheel of Life**

**What’s Important?**

**Mark on a scale of 1 – 10**

**1 = not important at all**

**10 = very/most important**

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

Adult – adult transactional analysis is the basis of the work.

NLP is used to ‘flip’ thinking from external motivating factors to internal.

Wheel of Life

Scoring Matrix

Visualisation

1. **Target Group: (just mention which categories)**

**Qualification:**

**X Lower qualified people**

**XMiddle vocational/general educated qualified people**

**X Higher vocational/general qualified people**

**X University level**

**Age:**

**X Age 30-39**

**X Age 40-49**

**X Age 50-59**

**X Age 60-66**

**Work:**

**□ Employed**

**□ Unemployed**

**X Does not matter**

**9. applicability in European context**

10. References