

Wellbeing Boost for Schools – Week Six – Direction 'Have Goals to Look Forward To.'



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| GIVING |  Do things for others | DIRECTION |  Have goals to look forward to |
| RELATING |  Connect with people | RESILIENCE |  Find ways to bounce back |
| EXERCISING |  Take care of your body | EMOTIONS |  Look for what's good |
| AWARENESS |  Live life mindfully | ACCEPTANCE |  Be comfortable with who you are |
| TRYING OUT |  Keep learning new things | MEANING |  Be part of something bigger |

Dear Colleagues

Welcome to our sixth Wellbeing Boost this term, which is about 'Direction – having goals to look forward to.' These five remaining boosts are more 'internal' in nature, possibly requiring us to dig deeper into ourselves. About 20 years ago I pursued an interest in Personal Development Coaching, being trained as a coach by Andrew Sercombe from www.powerchange.com. As a first question we were encouraged to ask 'What do you want?' It is a good question to ask of ourselves, because if we know what we want then we can move towards it. We can set goals for ourselves, short, medium and long-term goals and take actions to achieve those goals. If we don't know what we want, we have no direction and just respond aimlessly to everything around us. What do you want for yourself and the children?

TAKING PERSONAL ACTION



If you want a challenging book about life then I would recommend 'Awaken the Giant Within,' by Anthony Robbins.

GOALS can motivate and excite us

GOALS can provide meaning and purpose to life

GOALS achieved can give a sense of wellbeing and accomplishment

What is your most important goal over the next week? It may be tidying a cupboard, sorting photos, planning a project, doing an activity with your children or something else.

Make a list of your goals – do this for yourself first and then ask the children to do the same. Write down your goals for the longer term too – what might you like to be doing in 2, 5, 10 years? I am quite excited about plans for the next year and feel more motivated too.

DASA (from Andrew Sercombe, Powerchange™)

Decide what you want to do (write it down)

Act towards the goal (then do it!)

See what happens (Did you achieve what you wanted?)

Adjust if you need to (Modify what you decided, to achieve the outcome you want.)

I have used DASA for myself and with teenagers who are struggling with identity and what they want. It can be repeated again and again to set new goals.

Setting Goals with Children at home or in school

1. Ask them to choose a goal to work towards this week.
2. Ask them to share that goal with someone.
3. Ask them to write it down.
4. Think about small steps needed to achieve the goal.
5. Plan the first step.
6. Work towards the goal.
7. Ask for help if they need it.
8. Keep going. (They may need their supporters/encouragers to do this!)
9. Celebrate with them when they have achieved their goal.
10. Ask them to tell you how they feel when working towards a goal.



Thank you for the emails you send me about how you use these wellbeing boosts. Maybe you could set a goal to share the wellbeing boosts when you connect with friends, colleagues and family. What else could you do? By the way, 'what else' is a great phrase to use when seeking direction.

John Fardon (Education Inclusion Officer – Mental Health)