



The Purpose Project

Life Design Workshop

 thepurposeproject.com.au



THE **PURPOSE**
PROJECT



Workshop Description †

Our popular Life Design workshop helps students understand what's really important to them, and then explore how they can use their strengths and interests to design a life that they love.

In this interactive, evidence-based workshop we start by discussing success, helping students understand how their definition of success may be influenced by other people, such as their parents or the media. We help students find what's really important to them through reflective exercises and games.

Next, students use a tried-and-tested framework to explore the 'roots' of their passions and strengths. We use Design Thinking approaches to brainstorm new, out-of-the-box ideas connecting what they love and what they're good at and arrive at a future life.

We finally talk through the process of prototyping, how they can take action today to learn more about their desired path. We explain how they can save both time and money by using the concept of the 'Informational Interviews' to find out more from people who have lived this life and have real-life experiences on what it's really like.



Modules

Module	Description	Outcome
Module 1: Defining Success	Students will explore what success means to them through exercises, games and personal biographies. Students will also learn about the changing nature of work and rise of multiple careers.	Students will define what success means to me. They'll also learn about changing nature of the job market and rising trends of multiple career paths
Module 2: The Story of You	Students will explore their values, talents and interests through interactive and reflective exercises and videos. Importantly, we will focus on identity formation: “Who do you want to be?” rather than “What do you want to do?”	Students will develop a greater sense of self by completing interactive exercises exploring their current interests, strengths and values.
Module 3: Connecting the Dots	Students will learn to link their talents, interests, values together and brainstorm many potential career paths. They will then connect their identity quadrants and form their “Multiple Lives Plan”.	Students will identify clear prototype paths connecting the dots between their values, strengths, interests and external market needs
Module 4: Prototyping Paths	Students will learn about design thinking and prototyping; They will brainstorm in groups and find the quickest path to their “Multiple Lives Plan”. Students will also learn about “Informational Interviews” and learn how to start taking action towards their plans..	Students will learn about Design Thinking; how to find and take action on the quickest path to their chosen field of interest.



Key Details



Workshop	Life Design
Duration	2 hours (+ short water/recess break)
Years	Years 9 - 10
Group size	Minimum 30 to max. 150 students
Cost	<ul style="list-style-type: none">• \$0 for Government schools with ICSEA < 1000• \$20 per student for other schools (bulk % discount applies for larger groups)
Delivery	Room requires a projector, speakers and tables for students to write on. School to print a 10 page workbook for each student.



How Do Students Find The Workshop?

98%

of students would recommend our workshop to other young people

88%

of students felt more confident about choosing a career path

91%

committed to taking action on their careers after our program

"I love the interactions and the program in general. I felt that I learnt a lot about choosing my purpose in life."

Year 9 student, Cumberland High

"I liked the discussions that were given and how the activities gave a more clearer vision on what my passion is."

Year 10 student, Canterbury High

"It was an amazing experience and was pretty fun thank you :). when are you guys coming back?"

Year 10 student, Pendle Hill High






Let's Connect!

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