

Life Skill Workshop

FUTURE

**As we gather here today,
we acknowledge we are on
Treaty 6 Territory and the
Homeland of the Metis**

OUTLINE

- Discussion
- Learning
- Activity
- Take-away
 - Goal Planning Template

There will be scheduled breaks throughout the workshop but if you need to get up to move your body, go to the washroom, grab a snack or some water please do.

**How do we know
what we want for
our future?**

FASD & Planning

- Impulse Control
 - Abstract Concepts
 - Perseveration
 - Setting Goals
 - Time
 - Memory
 - Living in the now
-

FASD

No two people are affected by FASD in
the same way!

**A goal is a
plan for your
future**

GOALS ARE

- Related to personal, social, educational, spiritual, academic or employment based
 - Long-term and/or short term
 - Easy or challenging
-

ACTIVITY

**Write down 5 of your
goals**

EXAMPLES

- First Aid training
 - Opening a bank account
 - Connecting with culture
 - Get a Support Worker
 - Live on my own
 - Learn how to cook one meal
 - Start working
 - Make it to my appointments
 - Learn about FASD
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SMART GOALS

S - Specific

M - Measurable

A - Achievable

R - Relevant

T - Time Bound

GOAL

**Opening a bank
account**

SPECIFIC

Specific: Who, What, when, and where

- I will open a bank account with Affinity Credit Union on 20th Street by July 31st
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MEASURABLE

Measurable: How will I know my goal is complete?

- By July 31st I will have my own bank card from Affinity Credit Union
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ACHIEVABLE

Achievable: Am I ready to do this? Will I need support?

- Ask support worker or trusted person to come with me
-

RELEVANT

Relevant: Why is this important to me?

- To deposit my money and be able to direct pay rent, bills, cell phone.
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TIMEBOUND

Timebound: When am I going to do this?

- on July 22nd I will go to the bank.
-

GOAL	Set up bank account			
Steps	What resources do I need	Who can do it and how?	When should it be done by?	What's good about this?
1) Pick bank	Internet – look up local banks	Myself	Wednesday	I'll pick the best bank for my needs
2) Look up bank hours	Internet – google when bank is open	Myself	Thursday	I'll know what time to go to the bank
3) Go to bank and ask to open account	Transportation and ID	Myself	Friday	I'll have a bank account
4)				
5)				

THE IMPORTANCE OF GOALS

- Makes you think about the future
 - Setting smaller goals can help get to bigger life changes
(example: Independent living, careers etc)
 - Helps to identify who you are and what you want
 - Builds confidence, skills and strengths
 - Helps connect you with community
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SETBACKS

- Somethings don't go according to plan
 - Your goals might shift or change over time
 - Making mistakes is normal and okay, that could mean it's time to reevaluate and try again, or try differently
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**Celebrate when
you've reached a
goal!**

SUCCESS

- Looks different for everyone
 - Easier to reach goals when it's something *you* decide on and that *you* want (self-determination)
 - Can involve risk-taking
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FAITH

ABILITY

STRENGTH

DETERMINATION

RECAP

This workshop discussed future planning and goal setting. We went over strategies for achieving goals and a Smart goal template.

Next Workshop: “Employment”

December 17th, 2019

In the next workshop we will discuss the work or employment strategies! Where to look for work, how to write up a resume, how to apply for a job, and once you've got the job, how to keep it!

CULTURAL RESOURCES

- White Buffalo Youth Lodge
 - Saskatoon Tribal Council
 - Saskatoon Indian and Metis Friendship Center
 - Central Urban Metis Federation Inc.
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SUPPORT

- One-on-one education
 - Discuss your challenges and strengths
 - Create strategies you can use in your daily life
 - You can access for as long as needed
-

Riki

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