

Vision Board Workshop Outline



Workshop Objective

The objective of creating a vision board is to build a visual aid to assist participants in creating the emotional feeling behind all of their dreams, goals and desires. Even if participants aren't clear on what their goals and aspirations may be, the process of designing a vision board can elicit deep discovery, meaning, and self-understanding.

To allow participants to explore their feelings and goals in a fun, light, and creative way
To promote participants self-confidence, intuition, and self-direction
To gently introduce the practice of using positive affirmation, visualization, and manifestation

Workshop Description

The Workshop is delivered in an informal classroom or outdoor setting. All materials are provided. A Progress Summary Report can be made available to participants by request upon their completion. Information shared during discussion is considered confidential with exceptions noted in the confidentiality agreement, or as per a participants consent to release. Facilitators do not make any assumptions about class participants, but focus on offering information, an experiential perspective, and a safe outlet for discussion.

Workshop Delivery

This workshop can be delivered in two to six hours (depending on depth of agenda). Participants are always invited to continue adding to their Vision Board once at home.

Course Content

Introduction of the Instructor
Brief outline of programs and program funders
Group Expectations
Participant's Pre-workshop Documents (to be completed and returned – if applicable)
Pre-Workshop Evaluation (if applicable)
Client Attendance Agreement
Limits to Confidentiality
Participant Background Information Form & Release (Confidential, unless participant otherwise requests)
Workshop Materials

Modules

Participant Introduction Activity
What is a Vision Board?
Brainstorming Dreams
How to start a Vision Board
Creating a Vision Board
Debrief & Reflection

Course Summary and Evaluations