

Shifting Gears: Adventure in Private Practice Activity List

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“Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance.” Samuel Johnson (1709-1784)

Check In: Invite people to share where they are in their journey of their job and a car part that best represented this connection.

Vision Path/Car Theme: You will need two pieces of paper/person, approximately 10 sticky notes/person, and markers/crayons/art supplies. Invite people to draw a picture of a car (and surrounding environment) that represents their current job. On the second piece of paper, invite participants to draw a car (and environment) of where they would like to be in six months (in relation to their job goals). Invite participants to find a space in the room and place their starting picture at their feet and their six month goal picture physically how far away it feels. Then share their current status and goal pictures with someone nearby. Then give participants the sticky notes and invite participants to create a path between their current status and their goal writing one thing they need to do/practice/learn, etc., to get to their goal. Now share this path with someone nearby. Discuss one that you feel you can do right away.

Group Juggle Mix Up: In small groups, create a unique pattern by tossing a ball (or some other tossable object) to each person in the group only once - starting and ending with the same person. Repeat this pattern three times. Round two, with a different object, create a different pattern (same rules apply). Round three, try both patterns at the same time. Round four, continue to toss with pattern one, and MOVE with pattern two (e.g., person walks the object to whomever they threw it to, hands it to them, and takes their chair). The first pattern is person-based - which means that the person you threw it to may or may not be in the same chair! Discuss what happened in your group (e.g., strategies, etc.) and then share how this is a metaphor for where you are right now in your career process.

Mouse Trap Bounce: Give each group about 12 mousetraps and a permanent marker. On the back of the mouse traps, write one thing that is a barrier to reaching their career goal. Continue working as a group until all of the mousetraps have something written. Then invite the group to set the mousetraps (you may need to show people how to set a mousetrap and how to safely hold a mousetrap). Once the mousetraps are set, invite the group to arrange them in an overlapping circle (e.g., like dominos). Give the group a bouncy ball. Round one, each person must bounce the ball at least once in the middle of the circle with someone else catching the ball AND each person must also catch the ball (with someone else bouncing). Round two, add a second ball. Round three, take step back from the circle to bounce the ball. Discuss what happened in your group (e.g., strategies, etc.) and then share how this is similar or different to how they respond to the barriers that are in the way on their career path.

Mentor Circle: Set up a circle of chairs. Invite people to think about two or three things they would like advice about from this group. Give people a few minutes to think. Then invite someone to share ONE of those things. Ask the group if there is anyone who can help this person. Sit this person (the mentor) to the right of the person who is asking for help (the

mentee). The “mentor” now becomes the new “mentee” and shares what they would like help with from someone in the group. Select the new “mentor” from people not already placed (e.g., you can only help one person). Continue to the very end and the first person who shared ends up as the mentor for the last person who asks for help. Towards the end, some people may have to go to their second or third ideas. If you get really stuck on the last person, you (as the facilitator) may have to be a mentor/mentee too). Now arrange the pairs for session one and allow for at least 10 minutes to share. Then rearrange the pairs for session two (e.g., the mentees become mentors and switch partners to their mentees) and allow for 10 minutes for this session. Invite people to get contact information if they want additional connection with their mentor/mentee. At the end, usually someone will say, “Well I also wanted to hear...”. Great! Write that persons name down and ask to connect with them, too! Not only does this provide one:one attention for every group member regarding something s/he want to work on, it is a great reminder that wherever we are in our journey, we are all teachers and learners.

Closing: Invite the group in small groups or pairs to share something that they are “taking away” from the workshop and provide some small transitional object to represent this (e.g., the UV changing bead)