

Passions

Who are Inspiring Choices?

We support young people as they make decisions about their future education and career.

What we do:

- Run activities in schools and colleges
- Work with young people aged 15 and above
- Opportunities to consider future education options and how to achieve these
- 1 to 1 support
- Organise university campus visits



Aims of the session

- Understand how your passions can influence your future.
- Understand what motivates us as individuals.
- Understand what skills we get from our hobbies and interests.



Passions

- It can be **difficult** to think and even more so **talk about ourselves**. What we're passionate about, what we're proud of, what our goals are.
- This is very normal, so if this applies to you don't panic, you're not alone!

In this session, we're going to talk about ourselves and our passions, but before that, we'll start by thinking about **why this can be difficult**.

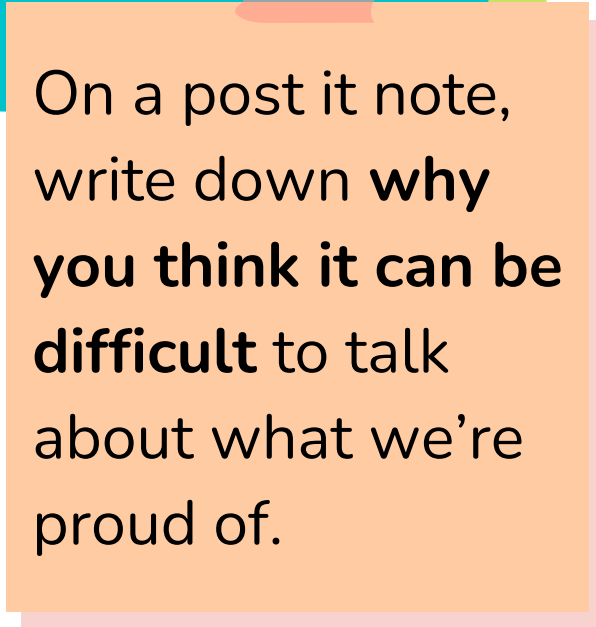


A yellow, irregularly shaped sticker with a scalloped edge, containing the word "Activity!" in black text.

Activity!

A large, light blue banner with a green border, tilted slightly to the right, containing the main title text.

Why is speaking about ourselves hard?

An orange rectangular post-it note with a small grey tab at the top, containing instructions for the activity.

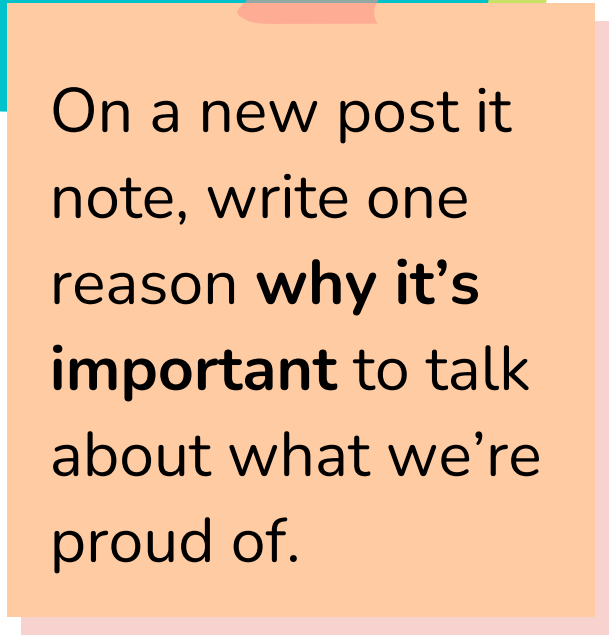
On a post it note,
write down **why**
you think it can be
difficult to talk
about what we're
proud of.

A yellow, irregular, star-like shape with a scalloped edge, containing the word 'Activity!' in black text.

Activity!

A large, light blue banner with a green border, tilted slightly to the right, containing the main title text.

Why it's important to speak about ourselves

A light orange rectangular box with a thin pink border, containing instructional text.

On a new post it
note, write one
reason **why it's
important** to talk
about what we're
proud of.

What is a passion?

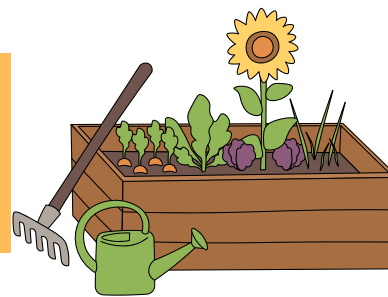
A passion is something that you have enthusiasm for. A strong emotion towards a certain hobby or interest you might have which other people might have to! For some people, their passion can become their strength.

A few examples of our passions are:

Football



Gardening



Writing



Theatre



Film



Choir



Netball

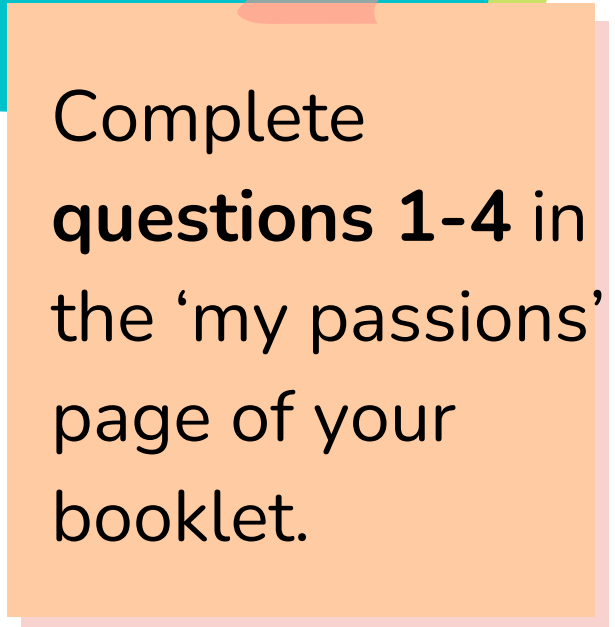


A yellow, scalloped-edge badge with the word 'Activity!' written in black, slanted text.

Activity!

A large, light blue banner with a green border, featuring the title 'My Passions' in large black font.

My Passions

A light orange rectangular box with a small grey tab at the top, containing instructions for the activity.

Complete
questions 1-4 in
the 'my passions'
page of your
booklet.

Core values

Our **core values** define what **matters** most to us, guiding both everyday **actions** and long-term **life decisions**.

Some examples of core values could be:

Friendship

Responsibility

Honesty

Kindness

Helping people

Caring about the
environment

Animal Welfare

Creativity

Family

Health and fitness

Education and learning

Adventure

It can be helpful to take stock of what our core values are and reflect on how our passions, choices and goals align with what we care about.

Activity!

My Core Values

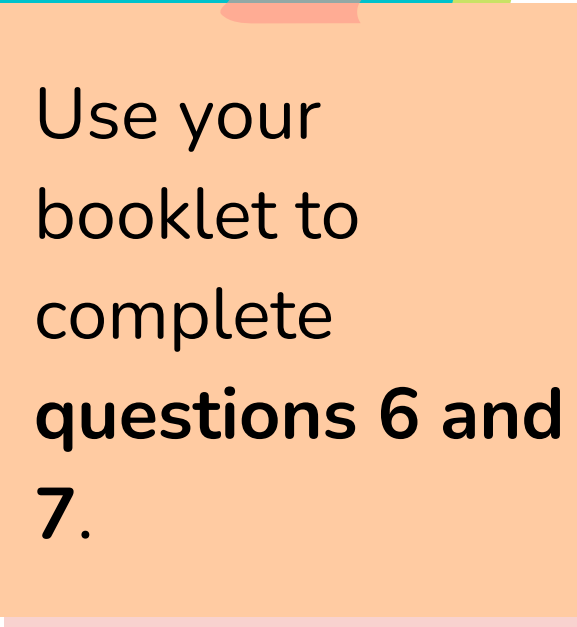
Use your
booklet to
write down
your **core**
values.

A yellow, scalloped-edge badge with the word "Activity!" written in black, slanted text.

Activity!

A large, light blue banner with a green border, containing the title text.

Building on your passions

A light orange rectangular box with a small grey tab on the top left, containing instructional text.

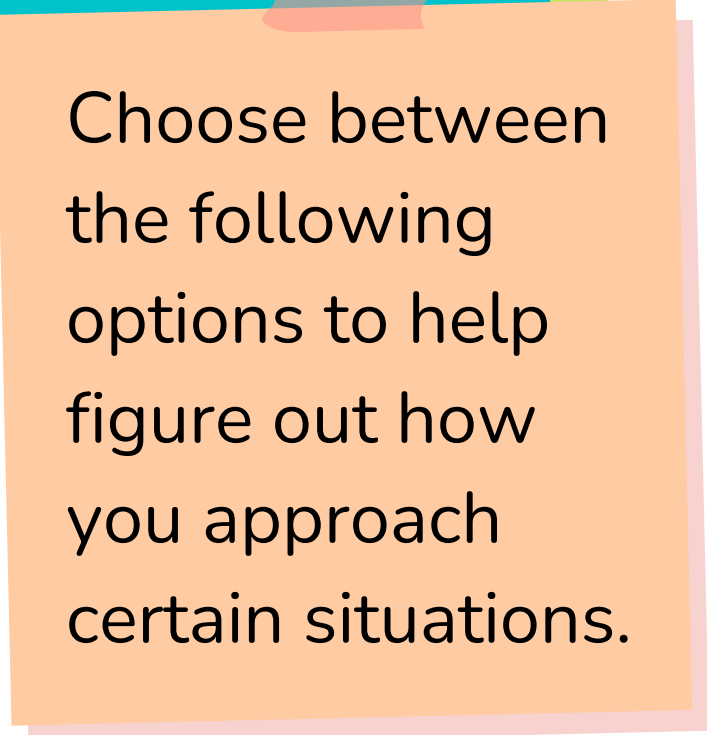
Use your
booklet to
complete
**questions 6 and
7.**

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Activity!

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What gives me energy?

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Choose between the following options to help figure out how you approach certain situations.

What gives me energy?

- There are no right or wrong, or good or bad answers.
- Answer honestly as you see yourself. You don't need to share your preferences with anyone else unless you want to!
- Let's get started...

1. I prefer to work...



On my own



As part of a group

2. When around others I...

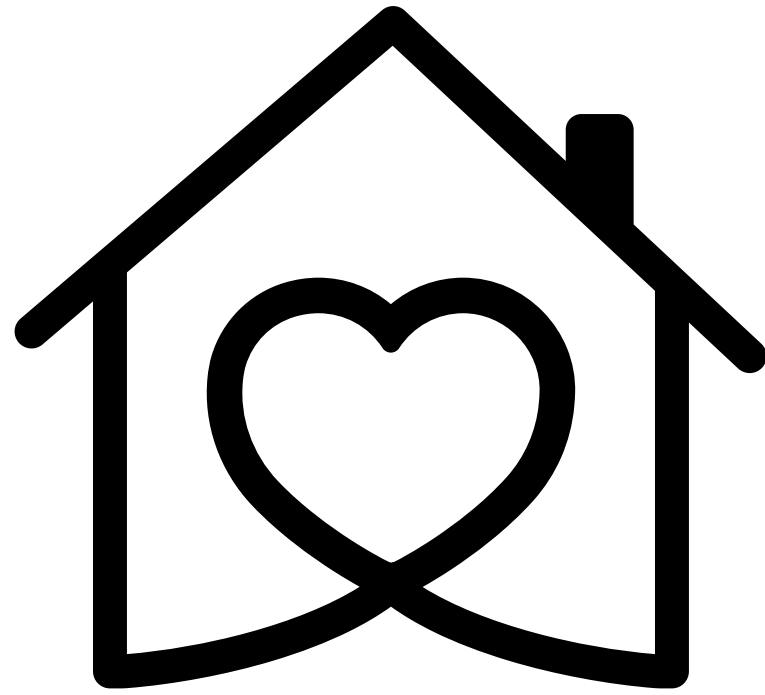


Think before I speak



Talk first, think later

3. Which would I prefer?



Spending time at home



Going out somewhere new

4. You have a big job to do, do you...



Make a plan



Dive straight in

5. In general, I prefer to...



Keep feelings to myself



Share how I am feeling

6. Do you like leading a group?

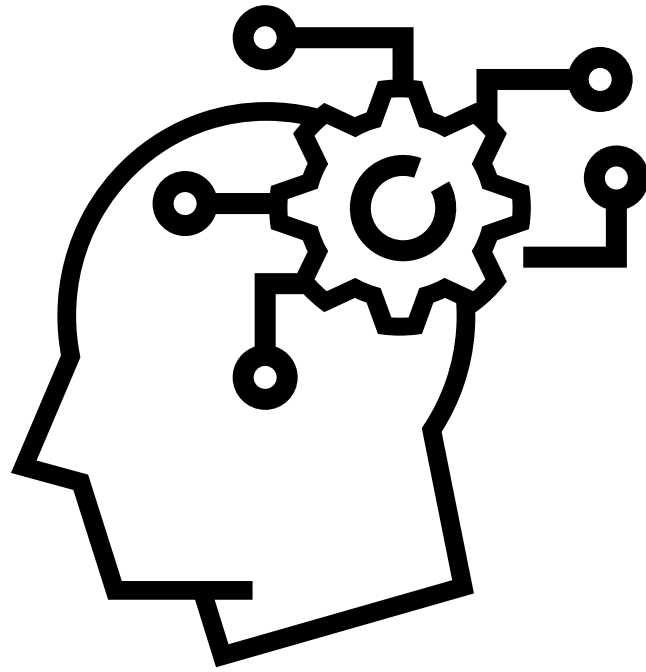


I would prefer not to be



I'm comfortable with that

7. When making a decision, do you...



Take time to think it through



Make a quick decision

8. Time to concentrate, what conditions do you need?



Peace and quiet



A buzz of activity



Key takeaways:

1

This exercise highlights that **everyone works in different ways**, and what works well for one person, might not work for someone else.

2

It's important to **know how you work best** to get the most out of your learning and anything else you pursue in your spare time.

3

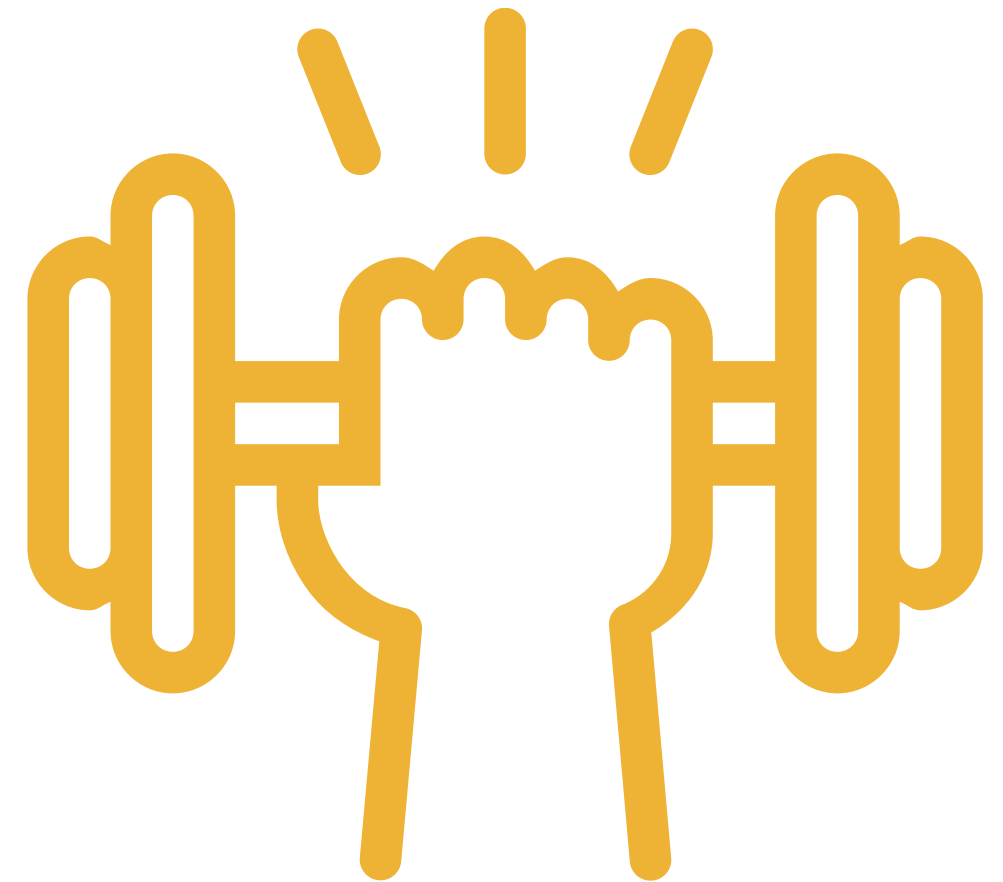
Knowing **what environment works best for your brain** will equip you better to thrive in a variety of skills, such as: creativity, problem-solving and productivity.

Passions & Strengths

Our **passions** can tell us a lot about our **strengths**.

Everything we do, both **in and out of education**, helps develop our strengths.

You may have a **hobby or interest** linked to your passion which has given you a valuable **transferrable skill**.



Examples of strengths from a passion

Passion

Gaming

Football

Reading

Theatre

Gardening

Strength

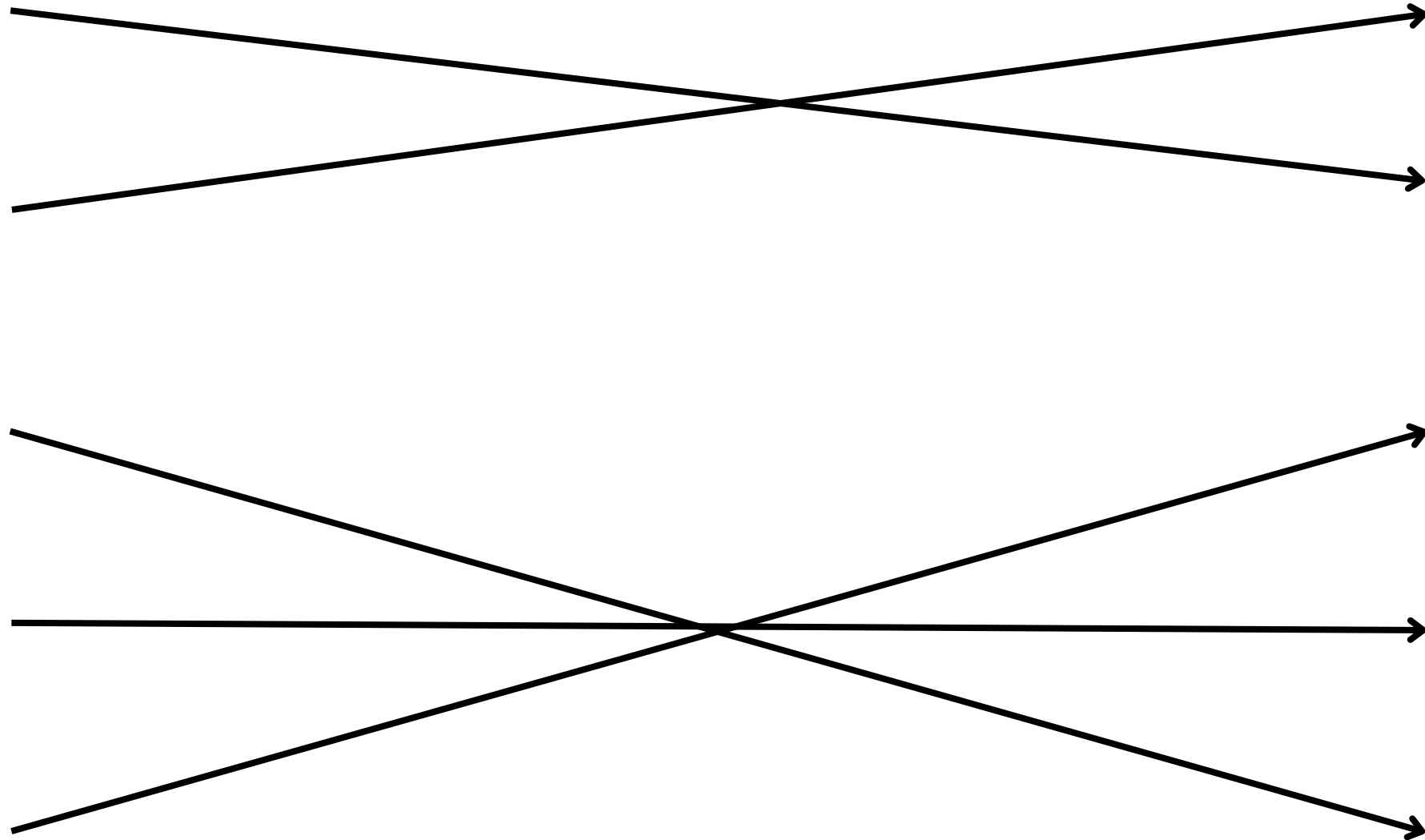
Communication

Problem solving

Organisation

Creativity

Empathy



Activity!

Case studies

Case Studies

Look at the student profiles on your tables.

Try and think about:

- What subjects they might choose in the future?
- Possible careers they might be interested in?
- What strengths they might have based on their hobbies and interests?



Activity!

Reflection

Postcard Feedback

- Your feedback is anonymous (no need to write your name) and helps us to develop and improve our sessions.
- There are no right or wrong answers, please answer honestly about what you think.
- If there are any questions you really don't want to answer, it is okay to leave it blank.
- If you have any questions, please ask us.

What others have said:

"I enjoyed it because we were talking about skills and interests."

Find out more!

Check out our website, and follow us on social media!



inspiring-choices.co.uk



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Any Questions?