



Navigating the Future

Compass Series Presents:

**Thriving: Igniting Your Passion for Your Future
Personal Leadership Exploration for Young Adults**

Mentor/Facilitator Guide for the Compass Series App

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Accessing the Mobile App

Compass Series App Login Page: <https://compass-series.net>

Use E-mail to sign in:

- Select Log In at the top of the page. This will bring up a Log In page. On the Log In page there is an option to Sign Up. Select that link.
- On the Sign Up page, fill out the form. Fill out your First Name and Last Name. On the down arrow for Organization select your organization. You will then need to put in your e-mail address and password. Then press the Sign up button.
- This will send an email to you email account.
- Select the link in this email. This will send you to the login page.
- On the login page, type in your email address and password that you put in when your signed up.
- You might want to save your email username and password for later use should you want to log in again.



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Section by Section Description of the Learning Program

Introduction

Background

Navigating the future is more than just a tagline for us. We came together because we share a common commitment of making a positive and meaningful impact on youths' lives. We believe that youth need to have the tools and processes that will enable them to maximize their personal leadership now and for future generations. We work with youth to address their most pressing challenges, now and into the future.

The foundation for Thriving includes values clarification from our personal leadership framework (See references section on website for more details). Thriving includes participant engagement with values clarification, personal vision development, participants' personal statements of goals, development of skills, and prioritized actions to reach their goals.

Supportive Accountability: The target dates for the completion of actions are input by participants within the app. Mentors can support the participant's completion of actions.

When the participants begin to develop their own Thriving Plans, they create a vision for their future and the writing of two goals. Their personal vision statement is their guide toward a successful future six months from now. This vision statement gives the direction necessary to make important life decisions. Once they complete their personal vision statement, they are ready to write two goals. Personal goals are targets to help them reach their dream. An example of a personal goal is, "I want to walk across the stage at graduation".

Skills: Participants are guided toward identifying the skills they will need to achieve their goals. Our leadership framework includes skills that are related to participant selected values and beliefs. They will identify and prioritize skills that they will need to reach their goals.



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Actions: They will identify prioritized actions to help them reach their personal goals. An example would be, "I will complete all required work for graduation." Once they have identified their prioritized actions, it's time to identify short-term steps to support their prioritized action. An example would be, "I will meet with my counselor by September 9. Notice that the short-term steps include a time frame. It's time to share with a mentor or a friend. The plan can be shared between the participant and the mentor. We suggest that you visit our website: compass-series.com for additional resources. Our video on the first page can be quite informative.

Sections within the App:

0. Landing Page
1. Choose Beliefs
2. Story
3. Reflection
4. Visualization
5. Images
6. Superhero
7. Plan
8. Skills
9. Actions
10. Finish

Section 0: (Landing Page)

Intention:

The audio welcomes them, and they begin the Thriving journey.

Direction:

Select the Begin Journey link now.



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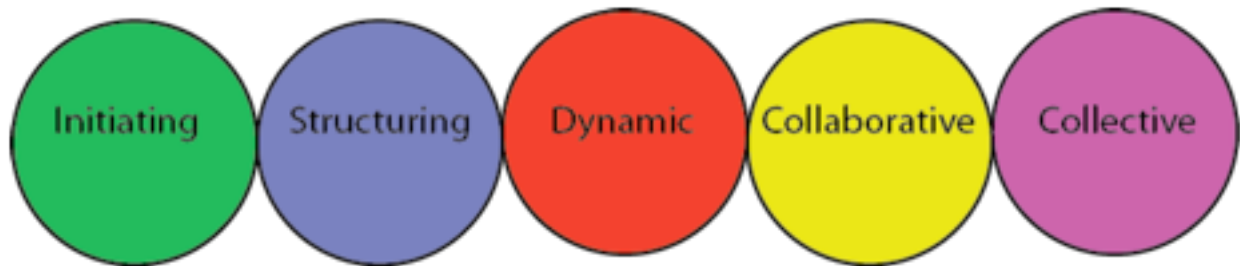
Section 1:

Choose Beliefs

Intention:

To introduce the participants to the Thriving Beliefs (clusters of values), encourage Beliefs clarification by asking them to review and reflect on the definitions, and then choose two Thriving Beliefs from each of the five colored columns of our Leadership Path.

Choose Your Thriving Beliefs From Our Leadership Path Below



Direction:

Review and reflect upon each of the Belief definitions, and then select two from each column starting with the Initiating (Green) column on your left.

Section 2:

Story

Now emblem and Who I am Now Story



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Intention:

To introduce participants to their personal *Emblem* of Beliefs, reflect upon their selected *Emblem* Beliefs definitions, and ask them to write their "Who I Am Now Story."

Emblem



Direction:

Review and reflect upon the Beliefs and descriptive words that show up in your *Emblem*. Write your "Who I Am Now Story" using a minimum of 100 words to describe who you are today. Be sure to include six or more words from your *Emblem*.

Section 3:

Reflection

Intention:

To encourage participants to reflect about their "Who I am Now Story" and then write a description of their strengths.



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Direction:

Think about and reflect about your "Who I am Now Story." What personal strengths show up in your story? In the space provided, write about your strengths today and why you think they are important. Use a minimum of 100 words to describe your strengths.

Section 4:

Visualization

Intention:

To create participant readiness to transition toward a more positive future by leading them through a Guided Visualization exercise.

Direction:

Follow the Guided Visualization exercise instructions. In the space provided, write about your Guided Visualization experience. Use a minimum of 100 words to describe your experience.

Section 5:

Images

Intention:

To encourage participants to visualize themselves in a successful future using the benefits of creativity and imagination by assembling a collage of photos.

Direction:

Find four images on the internet that help you imagine yourself living a successful future.

To get an image, find a picture that you like. Right-click on it and hold, select "Copy Link Address."

Paste the image Link in the area provided by typing Ctrl-V.



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Be sure to select "Update" for each image.

Select "Next" when finished.

Section 6:

Future Emblem

Future Emblem and Future Story

Intention:

To encourage participants to imagine their successful future by introducing them to their self-selected Future Emblem of Beliefs, engaging them in reflection, and asking them to write their own "Future Story."

Direction:

Download your Future emblem.

What words stand out for you? Why?

What words energize you?

In the space provided use 100 words or more to tell YOUR Future Story.

Use six or more words from you Future Emblem.

Have fun with it!

"Save" YOUR Future Story and select "Next."

Section 7:

Plan

My Thriving Plan

Intention:

To encourage participants to create their own Thriving Plan for their future. This includes a short vision statement and two goals.



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Direction:

Take a few minutes to review and reflect on your Now and Future Emblems and Stories.

As you review think about your Vision for the Future.

Vision: Use 3-5 sentences to describe your future six months from now.

Goals: Identify two goals and write a statement for each that pulls you towards your future.

Examples: "My goal is to make the soccer team" or "My goal is to walk across the stage at graduation."

Save your work

Select "Next"

Section 8:

Skills

Intention:

To encourage participants to spend time identifying the skills they will need to reach their vision and goals.

Direction:

Determine which skills you will need to reach your goals.

In the area provided, identify and prioritize three skills you will need to reach your goals.

In the area provided, describe how you will get this skill.

Save your work.

Select "Next"



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Section 9:

Actions:

Intention:

To encourage participants to identify actions that can support them in reaching their vision and goals.

Direction:

Actions to Reach My Vision

Describe the two highest actions you will take.

Example: I will complete a course in auto mechanics.

Describe short-term steps you will take to support your actions.

Example: I will talk with my counselor about courses in auto mechanics.

Include dates.

Save your work.

Select "Next"

Section 10

Finish

Intention:

Celebrate Completing the Program!

Direction:

Congratulate yourself. Thank the people that helped you finish. Share your good news with friends and family.