

**LIFE
WITHOUT
BARRIERS**

Pathway planning

Helps you explore and find learning and work pathways and steps to get there



Acknowledgement of country

Life Without Barriers acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of this Country and their connection to land, water and community.

We pay our respect to them, their cultures and customs and to their Elders past, present and emerging. We believe that reconciliation must live in the hearts and minds of all Australians.

We are committed to an ongoing journey towards truth telling and reconciliation. We recognise and value the contribution of Aboriginal and Torres Strait Islander employees, carers, people we support, peak bodies, organisations, their leaders, and communities across Australia as we continue our reconciliation journey together.

'Empowered Voices' cultural artwork created by Keisha Leon, Lisa Sorbie Martin and Gilimbaa.





What is Pathway planning?

Pathway planning helps you to explore things that are important to you, what interests and influences you. You can start to link these things to thinking about next steps and future pathways for learning and/or working.

My name:

Start date:

My values

Values are things that you think are important. They can influence the decisions you make. Tick the values that are most important to you. Add any others if they are not on the list .

Success

Teamwork

Trust

Learning

Original

Risk

Safety

Caring

Courage

Creativity

Cultural

Family

Fairness

Flexibility

Friends

Give it a go

Health

Honesty

Humour

Ideas

Independence

Keep going

Value	What's important about this value for you?	Think of a time when you really lived or used that value and describe it (e.g.when, where, how did it feel?).

About me

Tick the words that best describe you.
These are qualities that make you unique. You
can add some of these qualities to a resume.

My qualities

- | | |
|---------------|-----------------|
| Practical | Logical |
| Easy-going | Quick |
| Generous | Sporty |
| Forgiving | Positive |
| Courageous | Cheerful |
| Persuasive | Mediator |
| Focused | Trustworthy |
| Achiever | Sensitive |
| Good listener | Competitive |
| Thoughtful | Patient |
| Pleasant | Understanding |
| Helpful | Enterprising |
| Curious | Quirky |
| Active | Sense of humour |



Influences in my network

Things are always changing and so are you. Your values, what you like and your interests might change. People and things that influence you will also change. What are some influences on your life right now?

Do you like being creative?

Do you like connecting with your culture?

Do you like caring for animals?

Have you ever created something new?

Do you like being in nature?

Do you like being a leader?

Have you ever repaired something that was broken?

How do you feel when you help other people?

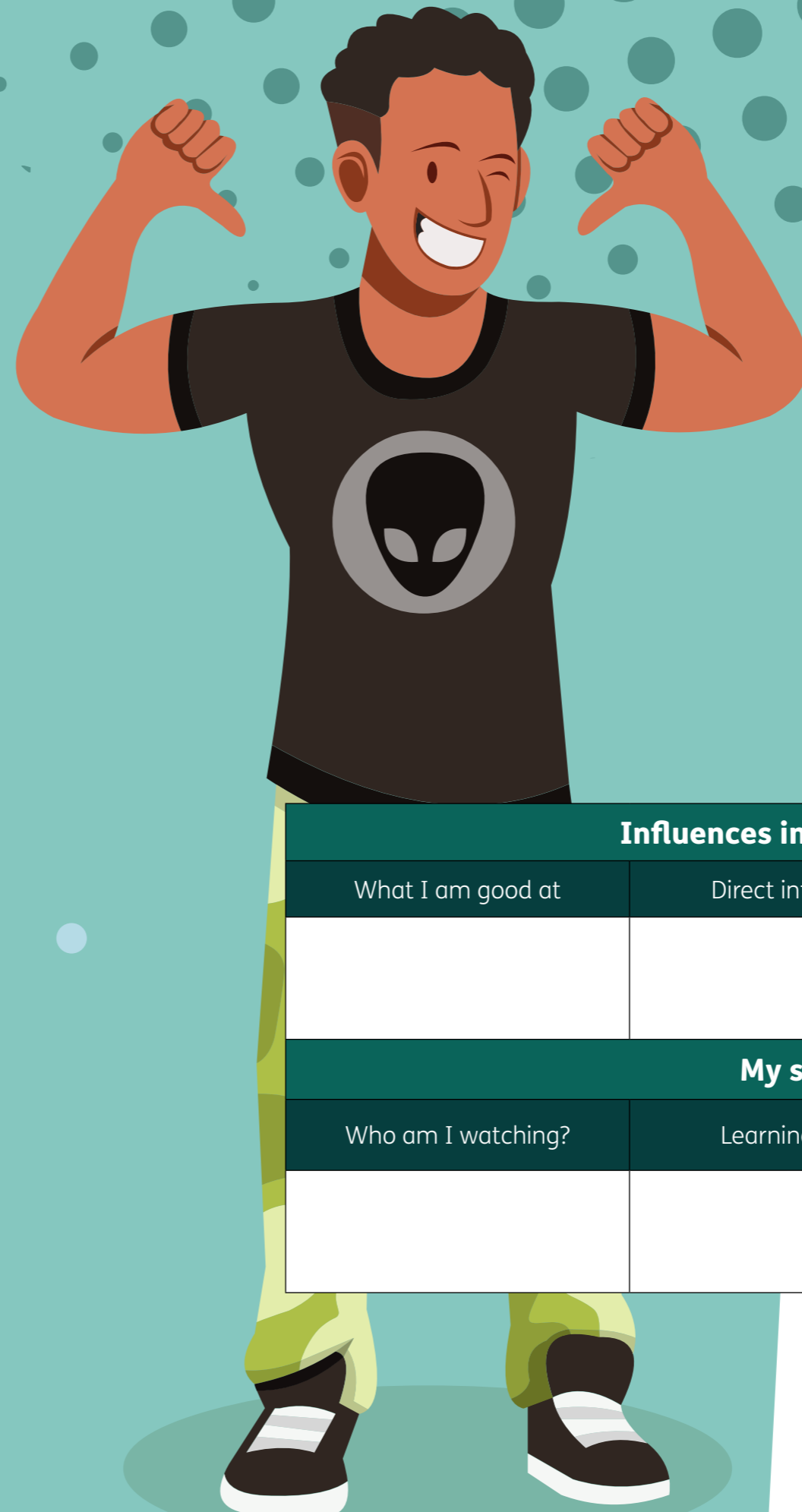
Do you like speaking and performing in front of people?

Do you wonder how things work?

Do you like caring for family?

Do you ever wish something worked better?

Do you like caring for people around you?



Influences in my network		
What I am good at	Direct influences	Other influences
My skills		
Who am I watching?	Learning from?	Getting feedback from?

Exploring Work: Think of 2 people

	Person 1	Person 2
Name		
Job / Occupation		
Some examples could be... <ul style="list-style-type: none"> • Able to fix things • Talking to people • Planning and organising • Artistic • Use of computers programs • Decision making • Good with animals • Problem solving • Creative • Good writing skills • Understanding science 	Skills needed to do this job could include...	Skills needed to do this job could include...
Some examples could be... <ul style="list-style-type: none"> • Part-time, full time, contract. • Do they work inside or outside? • Do they work at home, in an office, a workshop, or work away from home? • Do they travel? Etc. • Other 	Job conditions could include...	Job conditions could include...
Some examples could be... <ul style="list-style-type: none"> • The hours • The money • Working with people • Working with machines • Opportunities to create • Environment • Other 	What I like about this job...	What I like about this job...

A bit about school

Think about your experience of school and what you might learn from it (the good and the not so good).

The last school I attended?	When was I there?	Any reports?	What did I like learning about?	What didn't work for me there?	What would I like to learn some more?

Not everyone gets what they want or need from their time at school. For example, there are lots of adults in Australia who did not get the right steps to help them learn to read as well as they could. Missing school, finding it hard to concentrate in class, not being taught in ways that work for you, there are lots of reasons why you might not have got as much out of school. It does not mean however that you can't learn or get those skills after school and in other ways. Lots of adults are finding ways to do that. It is never too late.

Tick the ones that interest you or you think you need:

Reading

Design

Sport

Writing

Manual arts

Work skills

Maths

Science

Practical things like landscaping

Art

History

Computer and digital technology

Health

Action planning

Your ACTION PLAN is a 'work in progress'. It is important to keep going back to your plan to check if anything has changed for you. For example, skills, interests, influences, and opportunities. Consider one learning and one personal goal.

Something I would like to **achieve**

Skills/capabilities that I can use

How am I going to prepare for this? **Steps to take**

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Who can help me? **My team/my network**

Who? Who? Who? Who?

How? How? How? How?

What might stop me? What can I do? **Barriers/challenges**

Barrier/Challenge Action/Resolution Barrier/Challenge Action/Resolution

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What is my **time-frame**? (When would I like to achieve this by?)

Step 1

Step 2

Step 3

Something I would like to **achieve**

Skills/capabilities that I can use

How am I going to prepare for this? **Steps to take**

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Who? Who? Who? Who?

How? How?Gun How? How?

What might stop me? What can I do? **Barriers/challenges**

Barrier/Challenge Action/Resolution Barrier/Challenge Action/Resolution

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What is my **time-frame**? (When would I like to achieve this by?)

Step 1

Step 2

Step 3

Comments

Encourage a comment from a significant adult about your plan.

Appendix 1

Some more helpful activities you might like to work through.



My work capabilities & emerging skills (rating)		
	No skill	Highly skilled
Cognitive & meta cognitive		
Creativity		
Critical thinking		
Foundation literacies (inc: literacy, numeracy and digital literacy)		
Problem solving		
Personal & social		
Cultural responsiveness		
Ethical integrity		
Interpersonal skills & communication		
Teamwork & collaborate		
Cognitive transitional		
Adaptability & resilience		
Initiative		
Planning & organisation		



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