

THE PARENT PERSPECTIVE PODCAST EPISODE 5: FOCUS ON YOUR FUTURE

VISUALISING YOUR FUTURE

"The Parent Perspective" is an exciting podcast series for parents and carers, helping you to support your children with careers advice and guidance. Series 2 is bigger and better than ever, led by our brilliant new host, Rachel Burden! For the full range of podcast episodes and resources, please visit: <https://amazingapprenticeships.com/the-parent-perspective-podcast>

If your child is unclear about their future, then this visualisation activity may help.

Firstly, find a big sheet of paper and focus on a date in the future (it could be 1 year from now, 2 years etc). Next, have a think about each of the following points...

Describe your physical surroundings

Use as much detail as possible. Where do you live? Where are you working or studying? How does it look? What features does it have?

Describe the people surrounding you

Who are they? Are they part of your work life or your personal life? How many people are there? What are their personalities like?

What is the atmosphere like?

How does the atmosphere in your personal life differ from the work or study atmosphere? How do you contribute to those atmospheres?

What are you most proud of?

What did you do?
How did it make you feel?
Would you do it again if you were given the opportunity?

Do you have any regrets?

Why do you regret it?
Did you learn anything from it?
What would you do differently if given the chance?

How do you like spending your free time?

Do you have any hobbies? Do they link to a particular career? Do you do them on your own or as part of a group? Are they indoor or outdoor activities?

Once your child has started to develop ideas about what they want their future to look like, encourage them to find imagery (pictures, quotes etc.) to represent these thoughts and create a 'vision board'. It can help to have a visualisation of how their future could look.

