



Your DRAFT 2-day itinerary for our SOFT journey together

Day one	Day two
8.30 for 9.00am start	Be there by 8.30 for 8.45am start
<ul style="list-style-type: none"> • Hopes/expectations/fears • Personal introductions • SOFT approach and ground rules • Journaling • Intro to visualisation 	<ul style="list-style-type: none"> • Recapping from yesterday • Visioning and possible selves • Personal vision statements • SMARTR goal setting
Morning Tea 10.30am	Morning Tea 10.30am
<ul style="list-style-type: none"> • Building self-esteem • Being and doing circles • Shoulds • Negative self talk • Creative expressions of self through collage 	<ul style="list-style-type: none"> • Mind-mapping • Committing to action • Saying “no”
Lunch 12.30pm	Lunch 12.45pm
<ul style="list-style-type: none"> • Time for me and jelly beans • Managing relationship challenges • Assertiveness • Values 	<ul style="list-style-type: none"> • Effective networking • Reflection • Preparing for change • Evaluations • Closing
Close for the day 3.00pm	End of the SOFT journey and beginning of your own journey! 3.00pm

**Please note that some of the activities may change slightly due to the group expectations and unforeseen time or group needs ~ this is only a guide!*