

nurturing potential



Session: 'Roles'

Pre-session Preparation

Prepare slides/sheets with examples of your personal roles;

- 1) ...that you had when you were the pupils' age,
- 2) ...that you have now (demonstrates how the number of roles we may play increase as we become adults),
- 3) ...roles you may still yet, or hope to play in the future.

Supply of post-it notes.

Bold marker pen.

Two minute recap of last session.

Hand out 'Roles' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

Commence the Session.

Describe the concept of the roles we all play in life – giving a label to everything we do in life.

The objective is to talk about creating balance between these roles, through understanding what roles we are playing at any one time. If we try to be all things all of the time, the result will be stress and a busy mind.

Questions for Pupils (Ask pupils to write answers that apply to them on their worksheet)

"What are the roles you play now?"

Coach writes answers on post-it notes and attach to each pupil. Coach may wish to refer to a list of the roles they had at the same age as the pupils, (see Dale's examples).

"What are the roles you want to, or may play in the future?"

Coach write answers on post-it notes and attach one to each pupil. Coach may wish to refer to a list of their current roles (see Dale's examples) to show how much we try, or are asked to do in adult life.

Once you have a post-it per pupil, ask for a volunteer. Now ask other pupils to place their post-it, one at a time, on the volunteer. Ask the volunteer to imagine trying to play all of the roles at once – "How does it feel?" The concept is that if we try to be or identify with all of our roles at once life will get more complicated and stressful.

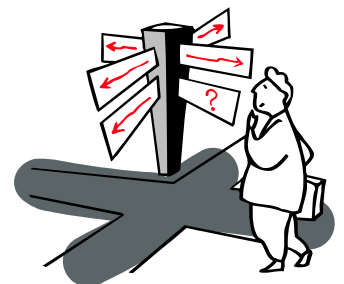
Build up the session to lead to this question just before relaxation.

"What is the most important role that you play?" Answer: **ME**

Discuss the concept that whatever role(s) you are playing you can and should only ever be yourself and we are all unique individuals who have something to offer the world, as much as it has plenty to offer us.

Finish Session with 5 minutes Relaxation – as per coaching notes. Music may be introduced if felt appropriate.

Close session thanking them for their time and contribution.



nurturing potential



Examples of Dale's Roles;

Dale's Example Past Roles

Son, Brother, Cousin, Nephew, Grandchild, Friend,
Pupil, Footballer,
Rugby Player, Swimmer,
Flute Player,
Orchestra Member, Prefect, Paperboy, Pet Owner,
Luton Town Fan, Cub Scout, Scout,
Music Fan

Dale's Example Present Roles

Husband, Father, Son, Brother, Uncle, Nephew, Cousin
Guitar Player, Singer, Songwriter, Performer, Pet Owner, Friend,
Master of Arts, Employee, Manager,
Self-Employed,
Business Owner, Student,
Business Networker, Customer,
Member of Professional Institutes, Golfer, Meditator, Teacher, Coach, Writer, Reader, Driver,
Car Owner,
Luton Town Fan, Swimmer,
Music Fan
Cub Scout Leader, Guitar Builder (roles no longer undertaken)

Dale's Example Future Roles

Multi Millionaire?
Managing Director
Chief Executive?
Retired?
Grandparent?
??
??
??
??

nurturing potential



Name:	Date:
Session Number:	Session Name: Roles

It is important to understand the roles you play, and those you may play during your life. This will help you to create balance in your life, now and in the future.

The Roles I play now include....

The Roles I might play in the future include.....

The most important role I play is.....