



InclusionNB



Follow your PATH: A guide for participants

What is PATH?

PATH is a planning tool that helps you create your vision for your future. It is a collaborative team process, led by trained co-facilitators to guide you.

You, the Pathfinder, will identify:

- Your purpose;
- Your long-term vision;
- Short-term, bold action steps;
- Your strengths to build upon; and
- People within your network who can help you achieve your vision.

Who is it for?

PATH is designed to empower people with an intellectual or developmental disability. It can also be used for families, schools, organizations and businesses.

Who is there?

PATH is a **person-centred** activity, and you are at the heart of this process.

Members of our team, a Process Facilitator and a Graphic Recorder are also there. The Facilitator leads the planning session and assists the Pathfinder (individual or group) through the steps and questions.

The Recorder focuses energy and supports memory. They capture the Pathfinder's words and images on paper, offers summaries and help identify emerging themes. The Recorder also captures the vision, goals and action steps on a large wall-mounted canvas, which the Pathfinder takes with them.

The Pathfinder, sometimes with help from their circle of support, decides who else should participate.

What is the time commitment?

Typically, the session takes two hours.

Where does it take place?

We work with each participant to determine the best place to have the session, whether it's at one of our offices or in their school or community. We require a larger space, such as a boardroom or a classroom, where we can post the graphic canvas. The space also needs to be accessible.

What else should I know?

PATH is based on the values of inclusion and diversity and gets people and organizations "unstuck" by asking intentional questions and revealing options. It has proven to be beneficial for people with or without a disability.

ACKNOWLEDGEMENT:

PATH was designed and developed by Jack Pearpoint, Marsha Forest and John O'Brien, beginning in 1991.

Learn more or book a session:

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