



Transition Counselling

KELLY MCINTYRE M.SC.

HELPING YOU THROUGH YOUR LIFE TRANSITION

Greetings!

My blog and business is about helping people follow their hearts and acting on their innate strength and wisdom when moving through life transitions toward their ideal life.

An idea occurred to me recently that initiated this project, that there is no one better to consult and to gain valuable insight, wisdom and advice from about life's transitions, than the elderly population.

The intention is also to bring families and friends together to talk, listen, share and then be inspired and spread the positive experience with others.

The intention of this project named "Inspiration Among Us" is also to provide a platform and voice to those people over 70 and older who want to share their wisdom. This population may live independently or may be residents in retirement homes in Canada and the United States. And therefore a signed release of information sheet may be required.

By posting this group's wisdom and life stories to this blog, I hope to reach and help people who are looking for answers about how to deal with the challenges often faced in life. I hope that the wisdom shared here will inspire others so that they apply the lessons in their own lives.

Having worked with the elderly many years ago, I know the comedy, wit, and passion that exists in the many stories shared. I believe many families will benefit from hearing the stories and advice that the elderly population can provide.

Here, I have attached a one-paged exercise with detailed instructions of how to facilitate this exercise. I am open to feedback so feel free to contact me to discuss your questions and concerns.

If you want your organization to participate or share your own story and wisdom or that of your family or friend, please contact me or post your comments here.

The blog will be updated with developments as the project gains momentum and each organization and person or family will be notified when their submissions will be posted.

Please feel free to visit my website at <http://www.transitioncounselling.com/> and Embrace Change blog to learn more about me and my projects and services.

Thank you for your cooperation and shared enthusiasm about the "Inspiration Among Us" project!

Best wishes,

Kelly McIntyre M.Sc.
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Inspiration Gathering Exercise

Please consider and adapt these instructions when working with either a group or an individual, or using a computer or completing the exercise by hand. Please read through this exercise first prior to delivering it.

If working with a group that does not have strong handwriting skills, you may want to have a volunteer assist you with writing and capturing the responses if necessary. Please sit with the person or group in a quiet area.

Encourage the group or person to close their eyes and become relaxed. Ask them to keep their eyes closed as you read the remainder of this letter that describes the project and its intentions.

Ask the group the next three questions, one at a time, at a pace that is comfortable for everyone.

It is not necessary to record these responses. However, if your group decides that they wish to record the responses then that is fine, it just extends the amount of time to complete the exercise. Try to make it a group decision in order to keep each group member on task and keep the experience consistent among participants.

Pause after each question so everyone has enough time to generate a complete response and record the response if applicable.

After answering all three questions, ask the group or person to reflect on their responses and create a piece of advice, an inspirational quote or a lesson.

The inspiration can be a one lined quote, a short paragraph or a short story. One final inspiration is preferred but if some people want to submit more than one that is fine.

If there are questions, ask the group members to quietly raise their hand so as not to disturb the other people in the group.

Or if your group likes to share and are more outgoing, have your group discuss their answers throughout the process.

This is meant to be a healthy positive experience for all people involved, so regardless of the level of interaction during this exercise, I encourage the sharing of the inspirational advice and lessons within the group at the conclusion of the exercise.

3 Questions:

- Think of two or three times when you were faced with a significant challenge. How did you overcome these challenges? What lessons did you learn from having this experience? If possible, narrow your idea to five words.
- The future is unknown; therefore today could be our last day. What would you want to share, do or say today if you could share, do or say anything? Use key words if possible.
- Think back to a time when you were the most content. Picture a time when you were laughing. Describe what is going on in your life during this time. What made this time so good? What are the most important things to you in life?

Now, have everyone review your answers to the three questions quietly or within the group and write a summary of this information. Put your summary in the form of a piece of advice, an inspirational quote or a lesson. If it inspires you, think about what else you would like to share with your family and friends. Your words will be shared with people that are facing challenges and finding it hard to deal with life transitions. You really can help!

In order to consider your privacy, please write at the bottom of your pages how you want your name to appear on the blog, first name only, first and last name, and/or city where you live. Also, listing yourself as anonymous is perfectly acceptable. If you want to include a short 3 sentenced biography about yourself to accompany your submission, please feel free.

You are now all writers! Your submissions will be published in my newsletter and on the internet at www.inspirationamongus.blogspot.com.html.

When you send me your submission you are giving up all of your rights to publish this submission in other publications. I may edit your work for grammar, spelling and length etc.. If you agree to this, please give your completed work to the person leading this exercise or submit it yourself.

If you have further questions about what all of this means, ask your leader or family or friend to contact me to provide more information.

When all of the participants have completed the exercise, please read my **thank you message** (below) thanking them for participating in this exercise.

Dear Participants,

Please accept my gratitude for participating in this exercise. Your wisdom, insights, stories and lessons will be shared with many people and will touch their hearts.

I will be in contact with you, your family, friend or leader to let you know when your work has been posted on my blog.

In the future I plan to create a book that is the compilation of many inspirational stories with the intention to help people to follow their heart toward their ideal life. Thank you again for being a part of this project!

Please feel free to visit my website, join my newsletter and read my Embrace Change and Inspiration Among Us blog to keep informed and inspired!

Best wishes,

Kelly McIntyre M.Sc.

This is the end of the exercise.

Dear Facilitator, Family or Friend,

I hope that this was a positive experience for you and that the exercise flowed smoothly. Please feel free to contact me if you want to share your experience or provide feedback.

Please include in your cover letter whether you would like your organization's name listed and website linked on the blog for promotional purposes.

Also, please double check that the participants have identified if they would like their first name only, first and last name, and/or whether they would like to include the city where they live. Anonymous is perfectly acceptable.

By returning the completed exercises on behalf of the residents, you acknowledge that you have informed each person that by signing the release of information form, that that they have agreed to release all of their rights to their submission.

Please return the completed exercises to me by:

- Scanning or emailing them to kelly@transitioncounselling.com
- If these options are not feasible, please contact me and we can arrange an alternative method.

Thank you again for your participation in this exercise. And please share the inspiration with others!

Best regards,

Kelly McIntyre M.Sc.

kelly@transitioncounselling.com
www.transitioncounselling.com