agenda gap

Workshop 1 :
Getting to Know You

THE AGENDA GAP - OVERVIEW

- Create shared learning about supporting mental health and wellbeing for individuals and communities.
- Provide opportunities to explore the potential of youth leadership and collective action aimed at informing policy.
- Build tools, skills, and opportunities to help the youth and others thrive.
- Support youth in leading the direction of program goals and activities and share in decision-making with adult allies.
- Grow networks of supportive relationships.
- Equip the youth to lead change while also having fun!

A. FINE ARTS
B. SPORTS
C. FOOD
D. TRAVEL
E. HOBBIES
F. CLOTHING
G. MOVIES
H. MUSIC
I. OUTDOOR ACTIVITIES

ACTIVITY:
7 QUESTIONS IN 7 MINUTES

00:53

1.

What kinds of places make you happy?

00:53

2.

What types of activities make you feel good about yourself?

00:53

3.

What skills or abilities seem to come naturally to you?

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4.

What kinds of people make you smile?

5.

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What qualities in people (friends, family, celebrities, historical figures, etc.) do you most admire?

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6.

What are some experiences, resources, or relationships you have now that, if taken out of your life, you would miss?

7.

What is something in your life or the world that you want to change?

00:53

https://ubc.ca1.qualtrics.com/jfe/form/SV_9TxsKXrJr6ZPkKW