

Before getting started, review the *Community Agreements* created last class. Go over the day's agenda and let participants know that if any of the topics covered are distressing in any way, they always have the option to push through the discomfort or to leave the class briefly to have a few minutes for themselves or reach out to a facilitator for peer support.

Discussion:

Begin sharing with one facilitator going first. Sharing should include how the week has gone with issues relating to money and personal finances and how their first money saving idea went. If there have been any savings as a result of using the idea, this should be shared, with an estimated dollar amount.

Provide examples to the participants of how one might estimate the amount of money they saved. For example, if a participant made their own coffee, they could multiply the price of coffee at a café (say, \$4) by the number of days they decided to make coffee at home instead. Note that some of these ideas will not translate as easily into estimated dollar amounts (for example, turning old clothes into rags) and you can work together as a class to come up with creative estimates. Give each participant, and both facilitators, 1-2 minutes to share.

Note: the length of this workshop in this Guide and the Student Guide will seem shorter than the other workshops. However, it will likely take just as long because each step of the PDP process will take some time to complete.

Financial Person-Directed Plans

Facilitator:

Suggested time: 50-60 minutes

Materials: PowerPoint slides; Student Guide p. 30-36; Workshop 2 Worksheets; "What is Person-directed Planning?" handout; example PDPs; poster paper and markers

Teaching:

Begin by asking the class if they've ever used person-directed planning before or if they are familiar with the term. Person-Directed Planning (also referred to as person-centered or strengths-based planning) is a tool used to assist people in making life changes. It focuses on an individual's strengths and guides them towards identifying their long term goals and the short term steps they