

Bravely Mindful Working Course

Intervision Guide

Intervision session module 3: Motivation and Purpose

Goal: Reflect together on the content and the assignments in module 3

Duration: About 1-1.5 hours

What you need:

- Your notes from module 1-3
- Your notes on your Individual Purpose
- Your Growth Plan
- Your list of 3 SMART goals
- Your completed Life Compass
- Your full attention
- An intervision leader (somebody willing to keep track of the time for today's session)
- Pen and a notebook you will be using during the entire Mindful Working Course
- This intervision guide
- Agreement to respect and confidentiality: whatever is discussed during the intervision with your intervision group remains confidential



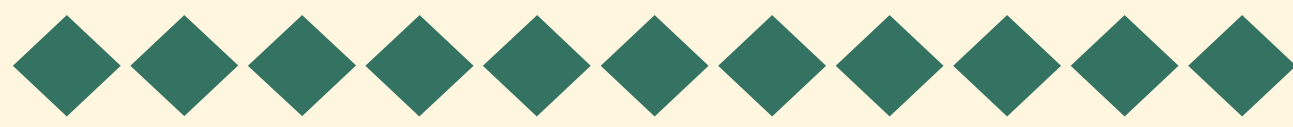
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Let's get started! These are some important points for all intervision sessions these next weeks:

- Please make sure you're all on time
- Reserve this time to focus, don't plan meetings, calls etc during this time
- Make sure you're in a quiet, calm spot
- Mute/turn off distractions such as slack, email, your phone etc.
- One of you will be the Intervision leader (decide on who that is) today - all you need to focus on is keeping an eye on the time and an occasional task as described in the guide. It can be useful to try and stick roughly to the times per step, but don't get too hung up on it. It can be nice to rotate the role of Intervision leader - we leave it up to you guys to determine what works for you
- Stay respectful and curious in your attitude
- Confidentiality: whatever is discussed during the intervision with your intervision group remains confidential. This allows you to speak freely. If there is ever anything you need to share or discuss that you cannot resolve or discuss within your own intervision group, please feel free to get in touch with us: hello@meetbravely.co
- As Psychologists, we uphold our Ethical Code and you can come to us in confidence. We will together seek a solution from that point on.



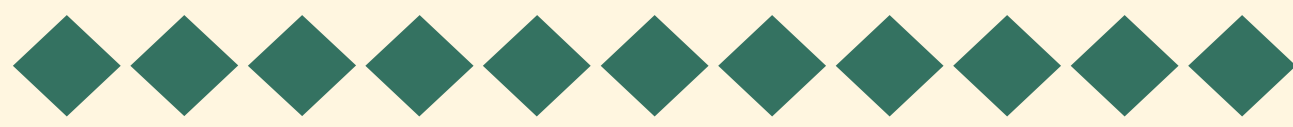
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Step 1 (15 mins)

Creating a Purpose

Discuss video 1 of the third module: Creating a purpose. You can use the below questions to have an open discussion.

- How is it for you to think about your individual purpose?
- Do you already have a sense of direction, a purpose in life?
 - If so, would you like to share with others? It could be work related or a purpose in your private life.
- Is this the right time for you to think about your individual purpose?
 - If not, could you elaborate? If yes, what will be your next step?

Step 2 (15 mins)

Motivational Goal setting.

Discuss Goal setting in general at your company. You can use the below questions to have an open discussion and make action points together.

- Which challenges did you face in the past while setting goals at work?
 - What could you have done differently/more of?
- Are the company/team goals clear?
- Which actions can you take to improve this further?



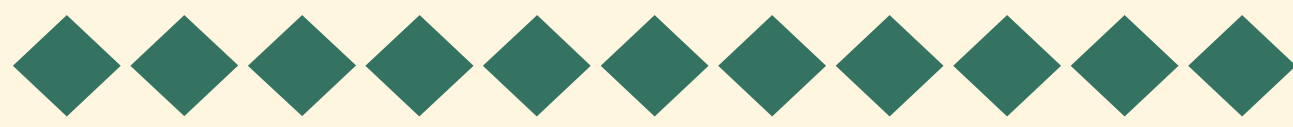
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Step 3 (30 mins)

SMART Goal setting.

In the second video of module 3, Josine asked you to set three motivational and smart goals. Share one of your goals with the others. Explain what the intrinsic motivation behind it is for you and which value it gets you closer to. For the others: do you have feedback on the way the goal is set up?

Remember the criteria for a SMART goal:

Specific: Well defined, clear, and unambiguous

Measurable: With specific criteria that measure your progress toward the accomplishment of the goal

Achievable: Attainable and not impossible to achieve

Realistic: Within reach, realistic, and relevant to your life purpose

Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Well done for completing your third week of the Mindful Working Course! We hope you have gained knowledge and insights and formulated concrete actions to get you going. If you have any questions, let us know at hello@meetbravely.co.



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