



SHAPINGPurpose®
live your life with clarity

Shaping Purpose Program

A critical part of transitioning from military to civilian life is finding one's purpose and a new identity. The Shaping Purpose program helps CAF members and veterans identify their core gifts, passions and values, which helps them find the clarity they need to plan their way through the transition to civilian life.

By employing a highly interactive and engaging program, Shaping Purpose enables individuals to identify their gifts (skills applicable to the civilian world), passions (interests most crucial to their mental well-being) and their values (personal code of honour). A Well-Being model is incorporated into the program which addresses Prosperity, Health and Happiness. The program culminates with the creation of a Life Plan which allows participants to plan actionable steps to move forward and live a more fulfilling life.

The Way Forward

Families and those supporting the transitioning veteran also face many challenges which is why Shaping Purpose will be providing veterans and their closest supporter the chance to participate in the program together. The individual attending with the veteran can be a spouse, common law, boyfriend, girlfriend, mother, father or sister, brother, friend etc. This will allow the veteran and their supporter to create individual but mutually supportive Life Plans that will be the framework to make conscious choices, and live their best lives during and after the transition.

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The Shaping Purpose program is conducted off-base in a group setting, over a four day period as well as optional mentoring sessions throughout the following year. The program outline is below:

Day 1 – Introduction to Shaping Purpose's models and concepts;

Day 2 – Self-Discovery - Identification of core gifts, passions and values;

Day 3 – Well-Being Model – Covering the topics of prosperity, health and happiness; and

Day 4 – Life Plan creation - Strategic planning for one's life in the months and years to come.

Research Study Session Dates – Details – Costs

Session 1: Fredericton 5 – 8 May 2020, Session 2: Comox – 29 Sep - 2 October 2020,

Session 3: Location TBD 26 – 29 January 2021, Session 4: Location TDB – 28 September - 1 October 2021,

Session 5: Location TBD – 5 - 8 April 2022

There is no program fee. Lunches will be provided on site for three of the days, all other meals are at the expense of the attendees. Accommodations and Travel are at the cost of the participant, a reduced hotel rate will be arranged. Note that a limited number of out of town participants will have Accommodations and Travel provided on a case by case basis.

These sessions and the research study are being funded by the VAC Well-Being Fund in order to better inform policy. As such, participation in the program means the individual agrees to complete surveys and potentially interviews pre-session and up to 12 months post-session. Interviews are being conducted to add context to research data; all research information is confidential will remain anonymous.

For information and testimonials from participants, visit

shapingpurpose.com. Or contact Capt (Retired) Andrew Garsch at **andrew.garsch@shapingpurpose.com**