



CONTACT US



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The Course for
Transitioning Veterans

OUR VISION



**FOR MILITARY
PERSONNEL
TRANSITIONING TO
CIVILIAN LIFE**

"The program did two things for me in my situation, provided reassurance that the choices my family and I have made are in line with my goals passions and values ,and, forced me to take a rear view check and identify both good and bad events and decisions. This is something I do not do often or well and recognize clearly that all of my history contributes to who I am now. Thank you to the entire team."

- Veteran Graduate

About Our 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). 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.

Shaping Purpose is offered virtually in a group setting, over a four-day period with optional mentoring sessions throughout the following year.

Day 1 Shaping Purpose's models and concepts

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

Day 3 Well-Being Model — Prosperity, Health and Happiness

Day 4 Life Plan Creation — Strategic planning for your life in the months and years to come

**4-Day Virtual Program: \$1,500 pp
(Blue Cross Provider #137675)**