

Inspirational Workshop Outline Targeting Homeless Shelter

Facilitators Guide

Audience: Volunteers/Employees

Opening: (5 minutes) We each belong to each other. There is an indivisible connection between us and the individuals around us. Our survival depends on the relationships that we build with one another (Bluvshtein, 2019). That is never more true than in the relationships that result when you create that feeling of belongingness in others and the relationships you are building here every day.

Activity #1: (10 minutes) Take a moment to write down your personal goals. These can be career goals, family goals, health goals, or anything else you can think of. Now take a moment to think about how your relationships with other people will be needed to fulfill these goals. “An individual’s goals are intrinsically and inevitably social in the sense that they always have symbolic meaning about an individual’s relationship with other humans” (Ferguson, 2003).

Say: (5 minutes) You belong to your families and your communities both in the present and in the future. You can have not only an impact on the world now but also an impact on future generations as you work towards the good of all in your community (Bluvshtein, 2019).

We, as humans, want to hold onto our fleeting time on earth. We strive for immortality. Your contribution to humankind will make a lasting impression in your community and culture long after you are gone. This is your legacy, and this is how you find immortality (Bluvshtein, 2019).

The homeless that you are helping are a product of a lack of belongingness, a lack of mutually beneficial connectedness in society. The effect of this can result in unemployment, alcoholism, abuse, and drug addiction. Issues that you see every day and that take an emotional toll not only on them but on you as well, as you engage in emotional labor to support them.

You represent the social change that includes everyone in social connectedness. Your work here every day is the solution to the problems in our society. This is not to imply that it will be easy. Work to increase social relationships and shape the connectedness of our community is hard. You are going against the tide of our culture's striving for power and recognition. The very things that have caused these social problems to begin with. You will not gain prestige for your hard work. You will not gain riches or glory. But the renewed spirit of connectedness that you create in the people around you, both in the center and the homeless, will live on in our culture and raise humanity to the level that we are meant to be.

Activity #2: (10 minutes) Think for a moment about how you belong to this organization and what solutions you bring to the table. Do you have friends here? Do you spend a lot of time helping the homeless? Have your responsibilities increased since you started? What can you do to grow your skills here and further the mission of helping the disenfranchised find value in themselves?

Right now, your goal is to think of one need in this organization and how you can help fill that need. You can do that by increasing your own skills, helping connect those who can assist, or simply being the solution!

Say: (5 minutes) Where do we go from here? How do you live every day and know that you are making a difference in another's daily life? First, know that an individual never loses a sense of belongingness to their community. Still, it may be buried deep due to past life events or the individual's interpretation of those events. We need to help them find it!

Activity #3: (15 minutes) Creating goals is the number one thing that we can do to feel a sense of accomplishment and move in the right direction. Without goals, individual activity has no meaning (Ferguson, 2003). What goals can you create that center around building relationships and increasing self-confidence for the homeless? What daily goals can encourage another's sense of belonging to the community? To the organization? To each other? Let's take a few moments right now to write down some goals, and then we will work in pairs to share them. Discuss your goals together, and then one team member from each group will share a couple that you have agreed upon together.

Closing: (5 minutes) Finally, we must move with optimism towards these goals. The past does not dictate the future. Our actions and frame of mind dictate the future! Presenting an optimistic and energetic mindset will help instill confidence in our homeless friends who need our help and energize each other. No matter what goals you have written today, maintaining a positive demeanor is the number one factor for your success. It will take courage and perseverance to achieve your goals, but you can accomplish anything with courage, optimism, and common sense (Ferguson, 2003).

References:

Bluvshstein, M. (2019). *Striving for belongingness – A furthering of Adler’s theory* (Links to an external site.)[Video]. AdlerPedia. <https://www.adlerpedia.org/people/308#resource-558> (Links to an external site.)

Ferguson, E.D. (2003). *Social processes, personal goals, and their intertwining: Their Importance in Adlerian theory and practice* (Links to an external site.). *Journal of Individual Psychology*, 59(2), 136-144.