

Living With Purpose



Mentoring Group

LIVING WITH PURPOSE MENTORING GROUP

Living with Purpose is a monthly discussion group, where CoSA Core Members and participants with staff facilitation, meet to share and respond to challenges and barriers that many released offenders face in the process of reintegrating into community.

Facilitated conversations will draw from the lived experiences of participants to share & explore solutions, ideas, and resources in navigating the challenges of everyday life.

Guiding principles for conversation includes:

- Exploring Healthy boundaries
- Preventing / Minimizing risk of harm
- Working toward positive and safe solutions
- Promoting mindful responses, rather than impulsive responses
- Practicing thoughtful responses rather than impulsive reactions

Values:

1. We believe that everyone has the right to a more fulfilled, purpose filled life.
2. We believe that everyone can improve his/her own life with good choices.
3. We believe that everyone's perspective is important. Therefore, we listen intently to one another without interrupting or correcting.
4. We gather to learn from one another, to share our unique perspectives while appreciating the perspectives of others. Therefore, we stick to "I would, or I might" statements while avoiding "You should" statements.
5. Everyone in this gathering is valued whether they choose to speak or to pass.
6. This gathering is not intended as therapy, counseling, or classroom instruction, but rather to foster personal growth through mutual sharing.

