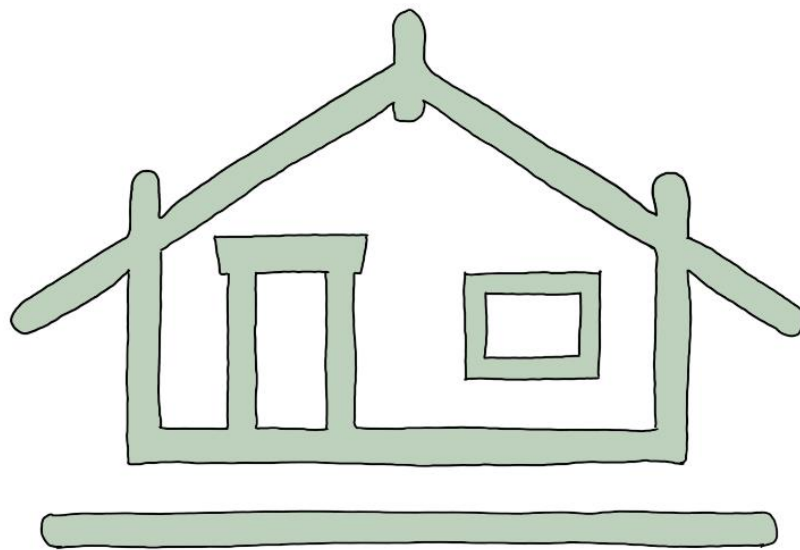


GROWTH PLAN & STEPPING STONES



LEVEL 5 DIPLOMA

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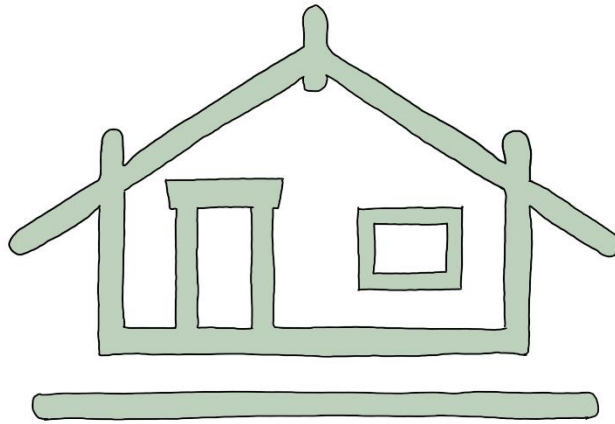
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Introduction to the “Growth Plan” and “Stepping Stones”

Eastwest is a place where it is all about growing and learning. We want you to step into all that God has for you. This growth plan is part of that process and is meant to help you in your personal growth.

The first part of this document is called the Growth Plan. The five areas in the growth plan are based on a Māori health model comparing our lives to a whare (which means house or home).



This is a model that is being used in New Zealand but can be adapted to anywhere in the world.

1. The first area called **Taha Tinana** focusses on your physical wellbeing which includes eating, sleeping, fitness and financial means.
2. The next area you will look at is **Taha Hinengaro** which is the interconnected intellectual and emotional dimension that looks at mental, intellectual, and emotional well-being.
3. Then you will explore Spiritual learning and growing which is called **Taha Wairua**. This relates to beliefs and values. You will also reflect on your personal walk with God.
4. **Taha Whānau** considers your social wellbeing and how you do life with family and in the community.
5. **Taha Whenua** is the ethnic and cultural dimension and explores our own cultural identity and how we approach life.

This document is meant as a personal tool for you. Your care group leader (CG leader) will meet with you twice a term and talk about some of these areas with you. At the end of each section there is room to write down some goals because setting goals helps us to keep accountable and to see progress in our lives. You do not need to set goals for all four areas at the same time but choose one or two each time you meet with your care group leader. Your care group leader will follow up with you on these goals which will help you to see the progress you made.

The second part of this document, called Stepping Stones, is exploring your future and what comes after Eastwest. The vocational advisor at Eastwest College will meet with you for a one-on-one chat once a semester or more if you would like to and look at steps you might want to take after your studies here. The questions in this section are meant to help you to think and pray about your next steps after you graduate from Eastwest.

Overview of meetings with CG leader & Vocational Advisor

When	What	Assignments
Term 1 – Week 1/2	Meet with CG leader and share about why you came to Eastwest	100-150 words about why you came to Eastwest, due 4 th March 2022
Term 1 - Week 4/5	Meet with CG leader and talk about growth plan	
Term 2 – Week 2/3	Meet with CG leader and talk about growth plan	
Term 2 – Week 7/8	Meet with CG leader and follow up on goals you have set and reflection on past semester	500 words reflection on your journey- due 5 th July 2022
Middle of Term 2	Meet with vocational advisor and talk about stepping stones	
Term 3 – Week 2/3	Meet with CG leader and talk about growth plan	
Term 3 – Week 7/8	Meet with CG leader and follow up on goals you have set	
End of Term 3	Meet with vocational advisor and talk about stepping stones	
Term 4 – Week 1/2	Meet with CG leader and talk about growth plan	
Term 4 – Week 5/6	Meet with CG leader and follow up on goals you have set and reflection on past semester	500 words reflection on your journey – 6 th December 2022

Growth Plan - Term 1

For most topics in each area you can just put a number 1 (poor/difficult) to 5 (good/excellent). Sometimes you may need to add short comments. At the end of each section is a place to write specific goals. You choose which set of goals you want to work on and discuss it with your CG leader.

1. Taha Tinana – Physical wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
General health	
Physical exercise	
Quantity and quality of sleep	
Time for rest and recreational activities	
Financial wellbeing (budgeting/spending money)	
Where would you like to grow in regards to physical wellbeing?	
How could you achieve this? (specific goals and time frame)	

2. Taha Hinengaro – intellectual and emotional wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Attitude/Motivation to study	
Coping with study demands	
Sense of joy and contentment	
Coping with and managing feelings	
Sense of purpose	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

3. Taha Wairua – spiritual wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with God	
Personal devotional life (Bible reading, prayer, worship)	
Growing in following Christ	
Practicing spiritual disciplines	

Where would you like to grow in other areas of your spiritual life?	
How could you achieve this? (specific goals and time frame)	

4. Taha Whānau – social wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with yourself	
Relationships with others in the community	
Connectedness with your own family (whānau) and friends	
Contentment with being single/married	
If you have children: children’s wellbeing in the community/school/daycare	
Where would you like to grow in regard to social wellbeing?	
How could you achieve this? (specific goals and time frame)	

5. Taha Whenua – cultural dimension	1 (difficult/poor) to 5 (good/excellent) or short comments
Understanding of your own cultural values and identity	
Cross-cultural learning	
Growing in cross- cultural ministry skills	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

Follow up notes on goals you set.

Growth Plan - Term 2

1. Taha Tinana – Physical wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
General health	
Physical exercise	
Quantity and quality of sleep	
Time for rest and recreational activities	
Financial wellbeing (budgeting/spending money)	
Where would you like to grow in regards to physical wellbeing?	
How could you achieve this? (specific goals and time frame)	

2. Taha Hinengaro – intellectual and emotional wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Attitude/Motivation to study	
Coping with study demands	
Sense of joy and contentment	
Coping with and managing feelings	
Sense of purpose	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

3. Taha Wairua – spiritual wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with God	
Personal devotional life (Bible reading, prayer, worship)	
Growing in following Christ	
Practicing spiritual disciplines	
Where would you like to grow in other areas of your spiritual life?	

How could you achieve this? (specific goals and time frame)	
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4. Taha Whānau – social wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with yourself	
Relationships with others in the community	
Connectedness with your own family (whānau) and friends	
Contentment with being single/married	
If you have children: children’s wellbeing in the community/school/daycare	
Where would you like to grow in regard to social wellbeing?	
How could you achieve this? (specific goals and time frame)	

5. Taha Whenua – cultural dimension	1 (difficult/poor) to 5 (good/excellent) or short comments
Understanding of your own cultural values and identity	
Cross-cultural learning	
Growing in cross- cultural ministry skills	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

Follow up notes on goals you set.

Stepping stones – Term 2 (questions for meeting with vocational advisor)

1. What was your original vision when you came to Eastwest?
2. Do you have a sense of God leading you towards a specific country/place after Eastwest?
3. Would you prefer to use your professional skills as your primary contribution to cross-cultural work or focus more on using other gifts and strengths?
4. Are you currently in contact with a mission organization? Have you been on a short-term trip with a mission organization or church?
5. Are you communicating your vision for cross-cultural work with your home church?
6. Have you considered starting a digital newsletter to keep friends, family and church members on this journey with you?

Growth Plan – Term 3

1. Taha Tinana – Physical wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
General health	
Physical exercise	
Quantity and quality of sleep	
Time for rest and recreational activities	
Financial wellbeing (budgeting/spending money)	
Where would you like to grow in regards to physical wellbeing?	
How could you achieve this? (specific goals and time frame)	

2. Taha Hinengaro – intellectual and emotional wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Attitude/Motivation to study	
Coping with study demands	
Sense of joy and contentment	
Coping with and managing feelings	
Sense of purpose	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

3. Taha Wairua – spiritual wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with God	
Personal devotional life (Bible reading, prayer, worship)	
Growing in following Christ	
Practicing spiritual disciplines	
Where would you like to grow in other areas of your spiritual life?	

How could you achieve this? (specific goals and time frame)	
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4. Taha Whānau – social wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with yourself	
Relationships with others in the community	
Connectedness with your own family (whānau) and friends	
Contentment with being single/married	
If you have children: children’s wellbeing in the community/school/daycare	
Where would you like to grow in regard to social wellbeing?	
How could you achieve this? (specific goals and time frame)	

5. Taha Whenua – cultural dimension	1 (difficult/poor) to 5 (good/excellent) or short comments
Understanding of your own cultural values and identity	
Cross-cultural learning	
Growing in cross- cultural ministry skills	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

Follow up notes on goals you set.

Stepping stones – Term 3 (questions for meeting with vocational advisor)

1. What was your original vision when you came to Eastwest?
2. Do you have a sense of God leading you towards a specific country/place after Eastwest?
3. Would you prefer to use your professional skills as your primary contribution to cross-cultural work or focus more on using other gifts and strengths?
4. Are you currently in contact with a mission organization? Have you been on a short-term trip with a mission organization or church?
5. Are you communicating your vision for cross-cultural work with your home church?
6. Have you considered starting a digital newsletter to keep friends, family and church members on this journey with you?

Growth Plan – Term 4

1. Taha Tinana – Physical wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
General health	
Physical exercise	
Quantity and quality of sleep	
Time for rest and recreational activities	
Financial wellbeing (budgeting/spending money)	
Where would you like to grow in regards to physical wellbeing?	
How could you achieve this? (specific goals and time frame)	

2. Taha Hinengaro – intellectual and emotional wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Attitude/Motivation to study	
Coping with study demands	
Sense of joy and contentment	
Coping with and managing feelings	
Sense of purpose	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

3. Taha Wairua – spiritual wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with God	
Personal devotional life (Bible reading, prayer, worship)	
Growing in following Christ	
Practicing spiritual disciplines	
Where would you like to grow in other areas of your spiritual life?	

How could you achieve this? (specific goals and time frame)	
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4. Taha Whānau – social wellbeing	1 (difficult/poor) to 5 (good/excellent) or short comments
Relationship with yourself	
Relationships with others in the community	
Connectedness with your own family (whānau) and friends	
Contentment with being single/married	
If you have children: children’s wellbeing in the community/school/daycare	
Where would you like to grow in regard to social wellbeing?	
How could you achieve this? (specific goals and time frame)	

5. Taha Whenua – cultural dimension	1 (difficult/poor) to 5 (good/excellent) or short comments
Understanding of your own cultural values and identity	
Cross-cultural learning	
Growing in cross- cultural ministry skills	
Where would you like to grow in this area?	
How could you achieve this? (specific goals and time frame)	

Follow up notes on goals you set.