

Using the VRE leadership model to set goals, plan and execute the plan

User Testimonial

From Jamye about her little sister

I wanted to take a moment to thank you for the amazing effect your program had on my sister and me. My little sister is 15 years old. She came to stay with me for a few weeks because her parents felt they could no longer “reach” her, and that she was in danger of going down the wrong path. During the two weeks that she stayed with me I brought up working on the leadership model and wanting to do the program with her. When it was brought to her attention that the program involved goal setting she was less than thrilled. In her opinion she was only 15 and should not have to set big goals of where she was going in life. However, because she loves me, she gave the program a try.

The first exercise that was working with the VRE model, and from then on the program went by smoothly. In our first experience with the VRE model the program had us look at a goal that we had already accomplished. My little sister chose a goal in ballet and dance that she had achieved. By working through this model she was able to; A.) Realize that goals did not have to be huge life goal but could be daily, weekly, or monthly goals. This was a huge realization for her. B.) By looking at a goal that she already accomplished, she realized that she could, not only accomplish goals, but that she already had. C.) By examining the model she was able to identify what aspects in herself and in her relationships supported her in accomplishing her goals.

Ultimately the program gave her the confidence in herself that was necessary for her continued success. She realized not only how her relationships supported her in her executing her goal, but also realized how she played a huge part in giving back to the relationships that supported her. She realized what factors in relationships really added to her success and what factors subtracted from it.

The last day she was in the city she came to my work and we met for lunch. To my surprise she had her journal and the work book with her. She said she want to spend the last bit of time we had going over her goals and what she had learned. As I looked at her goals and how she intended to execute them, I was so happy. She had set out personal goals (working on relationships, dance, school), health goals (yoga, meditation, not smoke, etc), and even global goals (set up a recycling system at home, volunteer). She realized she was better at short term goals for now, and we decided to make goals together every other week, and work with each other to stay motivated to execute them. I think one of the keys to her success was that I did not look at the program as something “she” should do, I approached as something “we” should do. We both learned so much and the experience brought us closer together.

Thank-you so much,
Jamye