

THINK NEWS

PEOPLE

PLACE

POTENTIAL

What we do



THINK TOOLS IN DAILY ACTION

No goal is too big for an Umbrella Goal!

Whatever your dreams, whatever you want to do – however big or small we invite you to try an umbrella goal!

It is really simple - take your big dream or your more immediate goal and put this at the top of a large piece of paper – then break this down into all the sub-categories (umbrellas!) that need to be in place for this to be successful. Then keep breaking down each umbrella, line by line, until you reach something you can do today...

We met a young person in Newcastle... She told us her big dream... "I want to play for England under 18's by 2023" She then worked out the key categories that if in place, would enable her to achieve her dream.

Hers were... Health & Fitness; Football Skills; a Club; Support; Funding and Luck.



Creating a giant Umbrella Goal at Number 22 in Coalville.

With these in place she believed that she would be able to achieve her dream. (We loved the fact she included luck! – we always encourage a '?' umbrella too – just as a reminder that this is YOUR umbrella goal, and you can add to it and move things about to make it more helpful for you!)

She then went to the next layer down – and decided that her 'Health and Fitness' umbrella was made up of 'food', 'training' and 'exercise'.

Under 'Skills' she listed all the different skills. And so on... When she had finished her umbrella, she decided that she would set one specific and small goal in each of her main categories.

So she wrote out a very specific thing she was going to do (her goal),

being clear what it was, a time to do it by, and how she was going to celebrate when she had done it.

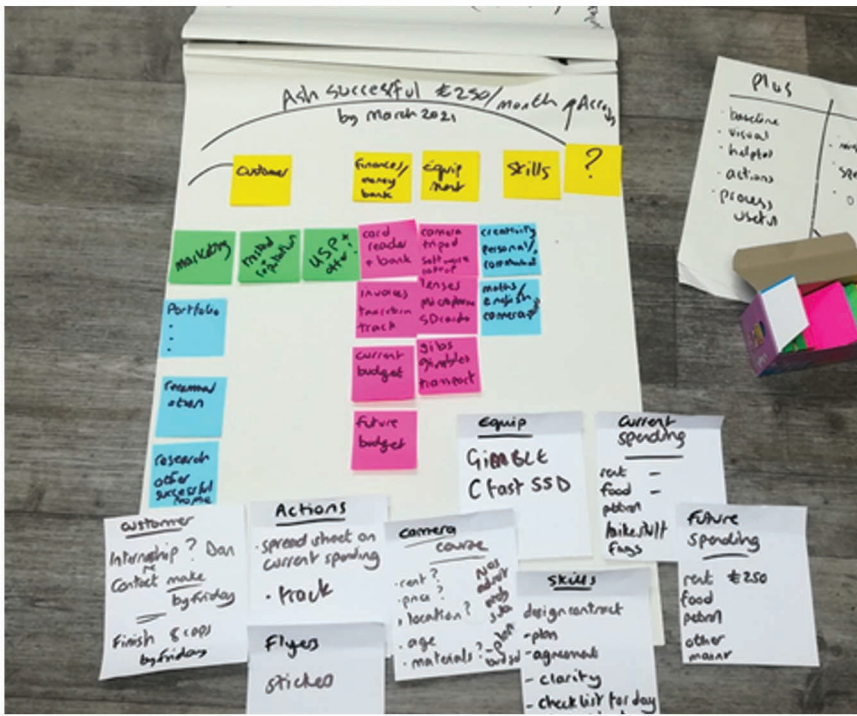
She and her grandad took away her giant rolled up paper with sticky notes – hope we will see her playing for England in a few years time!

That exercise has been repeated time and time again, with people of all ages, with individuals and groups! People are always amazed – it's theirs, it's all about them, it's useful and helps get stuff done. Recently we have shared with a young man that wanted to start a business doing bike repairs; and a group wanting to set up a Community Benefit Society; with a young film maker that wanted to create a sustainable business out of his talents.

THINK FC HQ

At THINK FC HQ we have a huge one on the wall with lots of post-its. For us, we looked at where we wanted to be in 5 years, broke that down into priorities for two years then we did an Umbrella Goal for the next six months. We adapted it slightly and made it into a matrix with a time line for funding and contracts running beneath.

Umbrella Goals can work for people of any age and it works on any dream of any size – it's all down to how much you really really want it!



Umbrella Goal of a young person in Coalville wanting to start their own business.

CALS STORY

I learnt about the effectiveness of 'Umbrella Goals' early on in my involvement with THINK. It is a tool that use on a regular basis.

For example. I am hoping to move from Newcastle to another city/town.

My top umbrella was "MOVING"

This was broken down into

- A) Which City/Town?
- B) Why I Want to Move.
- C) Landlord
- D) Blockages to Moving
- E) What I need to do to facilitate moving.

Which City/Town was further broken down into the Umbrellas:

- 1) Oxford
- 2) Sheffield
- 3) Leicestershire
- 4) Brighton
- 5) Blackpool
- 6) Darlington

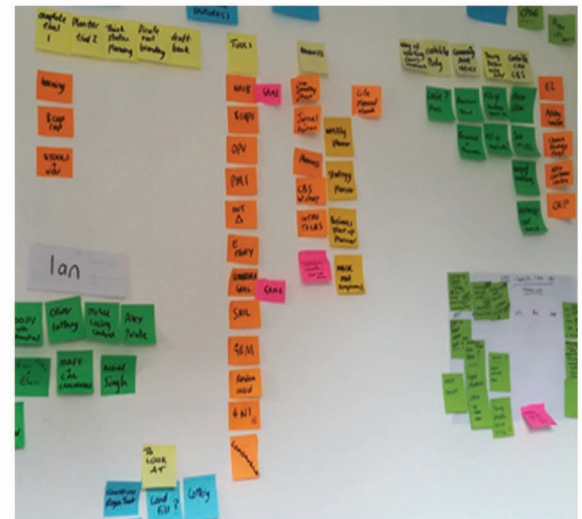
- 7) Alnwick
 - 8) Cambridge
- Each of these was further broken down into areas within the City.

Why consisted of Umbrellas such as:

- 1) Personal
 - 2) Health
 - 3) Volunteering Opportunities
- Each had further subsidiary Umbrellas.

Seeing everything broken down into segments helped me to sort out my thoughts and reasons for moving. It has helped me narrow down my choices and flagged any potential problems

I've shared Umbrella Goals with groups I'm involved with such as Camerados and 'Heads & Tales Mentally Health Heritage Group' - they have found it very useful and they have also used some of the other tools. I also shared it in my Open University Tutorial Group
Cal



Umbrella Goal at THINK FC HQ. The tool is on our website and anyone can use it.



Cal - Our friend and Geordie hero.