

*A piece at a time
with the whole
YOU in mind:
building a whole and
dynamic life.*



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We have the best intentions for our children

- ***Programs*** galore for children/teens
- Dealing with all sorts of issues
- Deficit reduction
- 40 Developmental Assets

Children are our future....



But something is missing..

- Despite our best intentions, things keep getting worse—not better
- Just look at two problems—
 - Obesity
 - Type II Diabetes
- Skyrocketing rates in the last 20 years!
- Our interventions are not producing the results we would hope for.....
- Won't bore you with the stats....you know them!

Presentation's key themes

- We must change our approach in the helping professions
- From problems to wholeness
- Whole Person Framework
- Intervention is not fundamentally flawed.....but it's a short-term strategy for the immediate situation; any longer-term change requires engagement of the person or people.Why, then do we persist in our belief that we must intervene? Why do we come between people and their problems?
 - Meg Wheatley
 - Walk out, Walk on

Changing our approach...

- Seeing “problems” as something to be fixed
 - We’ve set up all sorts of programs to deal with the issues like obesity, Type II diabetes and other health crisis’
 - Each problem is its own ‘piece’ to be dealt with

- View from another angle:
 - Start with the “whole” in mind
 - Every ‘piece’ impacts the whole—each problem is seen in context to the whole
 - Wholeness is normal
 - If it’s missing, it’s because a child hasn’t been taught—and ultimately, that’s our work!

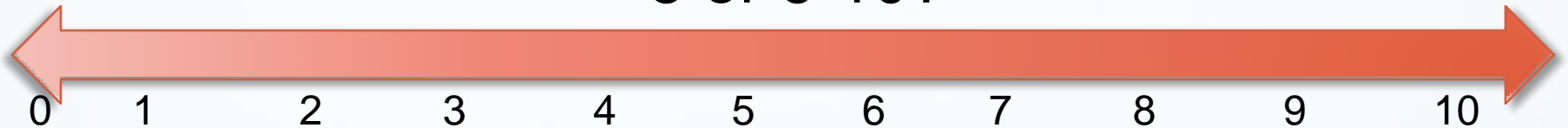
Whole Person Framework

- Approach 'problems' in context to the Whole Person we are becoming
- This is the choice before us!



The Choosing Continuum:

Where are we on this Choosing Continuum? 0-5 or 6-10?



Crisis

Problem focused

Status Quo

On-going, growing journey

**Wait til its broke,
then fix it**

Health—
Taken for
granted!

**Whole Person
Framework**

Reactive
Passive
Unconscious
Victim

Go with the
flow—health
is absence
of disease?

Proactive
Self-responsible
Conscious
Empowered

What are we choosing?

- **REACTIVE?**
- **UNCONSCIOUS?**
- **PASSIVE?**
- **VICTIM?**
- **PROACTIVE?**
- **CONSCIOUS?**
- **SELF-RESPONSIBLE?**
- **EMPOWERED**

Medical, Law, Business,
Academic, Justice,
Families
All the major systems--

We're Reactive!

- Fixing problems is the norm
- And we generally wait until the problem can no longer be ignored!
- But what if we changed?



Life Puzzle....

one potential model for wholeness

- *A piece at a time.....*



. with the whole you in mind.

The Life Puzzle model

- Why it works:
 - A Universal model—any one can use and understand
 - Provides practical, tangible tools
 - A universal language—all ages can understand each other
 - A life-long learning model—preparing for all stages of life.
 - Family systems: we're all in this together



At the core: Self-responsibility

- You may not have been taught
- You can teach yourself
- You will have to
- First generation to know this
- Choice to move to 6-



Life Puzzle: The 16 core areas, 5 edges touch every need an individual has for building a whole life.

- Self-responsibility: strong SELF takes responsibility for creating the whole
- Nutrition—eating to create vibrant health, awareness of how and where food is grown, prevention of illnesses.
- Exercise—life-long habits of caring for our body
- Feelings: Emotional IQ is as important as thinking IQ!

- Every piece impacts the whole....



Life Puzzle: The 16 core areas, 5 edges touch every need an individual has for building a whole life.

- Thinking: high level thinking skill development
- Communication: two way—learning to be proactive.
- Relationships: built on mutual respect

- Sexuality: consciously discussed to include physical, emotional, thinking, and spiritual components
- Parenting: children are Life Puzzles too...only teach what you know
- Work—getting beyond “what are you going to be when you grow up!”

Life Puzzle: The 16 core areas, 5 edges touch every need an individual has for building a whole life.

- Play: restores/relax
- Financial responsibility — wealth management, conscious spend/save.
- Special Challenges: anything unique to your life that prevents growing into full adulthood

- Spirituality: practice only love
- Finding meaning: living life in relationship to death
- Community and Environment: understanding the interconnected whole

Let's change our approach

- Exercise:

- Gather in small groups
- Choose one problem that you're concerned with—
 - This could be a project you're agency is currently working on
 - It could be an issue in your school that teachers and parents are looking at

Take this problem—and create a whole person framework approach—Life Puzzle

Use as many of the 16 core areas/ 5 edges of the Life Puzzle as possible as you design a way to teach your students, clients etc., to build solutions using a Whole Person Framework approach

A piece at a time with the whole YOU in mind...

- As you return to your work—
 - 1. Where are you on the Choosing Continuum? 0-5 or 6-10?
 - 2. How would you redesign your efforts using the Whole Person Framework/Life Puzzle?



We're all in this together

- A piece at a time with the whole YOU in mind
- What if every child knew this?
- What if every child was taught to approach life challenges through the lens of building a whole and dynamic life?
- Wouldn't that be more fun to work at every day? 😊
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