

# GROWTH

LEARN, HEAL, HELP, GROW

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# MISSION



## Overview

A Growth Mission is a program designed by Soul Garden to promote personal development in every way that a human requires: physically, mentally, emotionally, and spiritually. We split this up in 4 separate categories: *Learning, Healing, Helping, and Growing*.

**Learning** growth missions are about skills & knowledge building, mostly involving workshops.

**Healing** growth missions are about health & wellness, revolving around various treatments.

**Helping** growth missions are about Volunteering & community outreach, and is about contribution.

**Growing** growth missions are a mixture of the previous three, and are intensive and life-changing.

## Goals

The following goals must be kept in mind when designing a growth mission:

- It must have a clear and effective goal serving its purpose
- It must challenge and stimulate the individual participants
- It must engender human connection between the participants
- It must strike a balance between structure and freedom

## Specifications

A growth mission should include the following:

1. A purpose must be outlined for the growth mission
2. One mandatory activity reflecting the purpose must be organized
3. Two optional and relevant activities must organized and scheduled
4. Flexible, backup activities must be made available at any given time

Following these specifications are what provides the balance between the structure needed to stimulate, create connection and promote growth in the participants while offering the freedom to move at their own pace, recuperate, and to integrate their experiences.

## Example

Growth Mission Type	Growth Mission Purpose	Growth Mission Goal	Activities Core
LEARN	To connect with locals	Learn about Colombian culture	<ol style="list-style-type: none"> <li>Spanish course</li> <li>Dance lessons</li> <li>Farm volunteering</li> </ol>
HEAL	To integrate emotional trauma	Take responsibility for your own healing	<ol style="list-style-type: none"> <li>Group therapy</li> <li>Medicine ceremony</li> <li>Massages</li> </ol>
HELP	To promote environmental awareness	Clean up a beach	<ol style="list-style-type: none"> <li>Garbage sweeps</li> <li>Organize beach party</li> <li>Hand out info pamphlets</li> </ol>
GROW	To find the right career	To understand your competences Vs. Desires	<ol style="list-style-type: none"> <li>Group therapy</li> <li>Skills triathlon</li> <li>Philosophy lectures</li> </ol>

**It is very important to note the difference between the purpose and the goal of a growth mission:**

### **PURPOSE**

The desired outcome and *reason* for the growth mission.

### **GOAL**

The manner/mechanism through which the purpose is achieved.