



Care Leavers' Community



ONLINE

CARE LEAVERS

CAFE

REPORT

December 2023

**30th
December
2023**

13:30 GMT

19:00 IST

ONLINE CARE LEAVERS CAFÉ

CARELEAVERSCOMMUNITY.ORG



**SAVE THE
DATE**

**PRESENTED BY
Akpene
(Ghana)**

DREAM BIG

SET GOALS

TAKE ACTION

Topic

**Resolution Revolution
(Rethinking Goal
Setting for a
Fulfilling
Year)**

**Scan the QR Code to register or
click on the embedded [link](#)**



INTRODUCTION

The 9th online cafe session of 2023 took place in the month of December, 2023, on the topic “Resolution Revolution”. The session commenced on a warm note with the introduction of all the attendees onboard. Ms. Akpene from Ghana moderated the session, while Surja Chauhan from India handled the technical aspects.

Program Proceedings

Niels Peter Rygaard from Denmark, child psychologist and co-founder of www.fairstartfoundation.com.

- **Check-in and Welcome -**

Akpené kicked things off with a New Year's twist, asking everyone about their plans for January 1st. This set the stage for introductions from the 13 participants, representing 5 different countries, all of whom are care leavers. A practitioner from Denmark also joined, adding valuable insights.

- **Session**

The session began with an engaging icebreaker where participants introduced themselves based on their New Year's activities. Ms. Akpené then took center stage, explaining her choice of topic and sharing her personal experiences as a care leaver in Ghana. She used captivating examples and interactive questions to delve into the concept of setting realistic resolutions and reflecting on progress after a month. Participants actively shared their experiences with goal setting, both successes and challenges, highlighting the importance of breaking down goals into smaller, achievable steps. Ms. Akpené equipped participants with practical tools and approaches for setting realistic goals and regularly monitoring their progress, ensuring their resolutions are not only well-intentioned but also implementable.

- **Breakout Rooms**

To put theory into practice, breakout rooms were created. In these smaller groups, participants used the knowledge gained from the session to plan and set their own goals. One representative from each room then presented their group's plan, sharing their chosen goals and the factors that aided or hindered their goal-setting process. This interactive exercise emphasized the value of collaboration and diverse perspectives in setting achievable and meaningful resolutions.

- **Q&A and Feedback**

The session concluded with a Q&A session and feedback exchange. Participants expressed their appreciation for the importance placed on understanding and support in setting realistic goals. They acknowledged that while they often set ambitious resolutions, some inevitably fall by the wayside. Armed with the knowledge and tools gained from the cafe, they felt empowered to revisit their goals, categorize them effectively, and implement them successfully in the new year. The session ended on a positive note, with participants wishing each other a happy and goal-oriented New Year.

Key Takeaways

- The importance of setting realistic and achievable goals for care leavers.

- Practical tools and approaches for goal setting and progress monitoring.
- The value of collaboration and sharing experiences in the goal-setting process.
- Renewed motivation and confidence to tackle resolutions in the new year.

This online cafe session provided a valuable platform for care leavers to connect, share experiences, and learn practical skills for setting and achieving their goals. The "Resolution Revolution" not only ushered in a new year but also ignited a spirit of hope and determination within the participants, empowering them to turn their aspirations into reality.

“Thank you for the wonderfully session as always your ideas matter. You clearly shared the steps how we can dream and achieve with the clear steps and methods. Thanks for the session to have positive dream for 2024”

Nimali (Sri Lanka)

PARTICIPANTS AND REGISTRATION

A total of **22 registered** for the café, after many efforts to disseminate the information on social media and messaging groups. A poster was created containing all relevant information such as timing, topic, host, a QR Code leading to the registration link. An emailer containing the same information was sent out to 821 people from a database created over time from the international conventions. Additionally, messages were sent on various group chats asking people to register for the session, such as the Care Leavers International WhatsApp group. The session concluded with **13 total participants from 4 countries** & 1 working professional from Denmark,

India (15)- Narmdi, Shahid, Hajra, Nandini, Mausumi Das, Priyanka, Shankar, Akdekar manjuvani, Nancy Leen & Amir Chopan

Sri Lanka (2)-Nimali

Nepal (1) Binayak manamdhar

Ghana (1) - Akpene

Neils Peter Rygaard from Denmark (non Care Leaver)

NEXT CAFÉ

The host for the next session is Moses Akash “Who do you speak ?”.

The next Care Leavers Cafe will take place on

SUNDAY

28 January, 2024

13:30 GMT

PPT Link

Please find the PPT of the session [here](#)