



## Push Lesson Plan...

# CHOICES

Watch (2 mins):  
**Johnny's (Push CEO) video on exploring what you want from life**



Exercise (5 mins):

**STUDENTS: Can you write down a job that interests you?**

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**Name three ways it sounds interesting:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Exercise (10 mins):

### **Inner Rewards**

This is the emotional and psychological satisfaction felt by an employee when doing their work. These feelings are built on the daily value an employee feels they add to an organisation.

It could be the feeling of achievement for completing a challenging task, the completion of a big project, the fun you get from working with a colleague or perhaps how much you feel you learn from them. It might even be the connection you feel with your customers when they put their faith in you.

**STUDENTS: Name five ways you want to feel at work**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **Outer Rewards**

These are visible rewards given to you by a company for achieving things. This could be extra time off, discounts or industry perks, working from home, a good maternity/paternity package, a bonus or just a decent wage for what you do each day. Extra time can be more valuable than money, as it may allow you to spend more time with family, friends or to keep learning (continued professional development is another perk some employers offer). Getting a good work-life balance is crucial to a fulfilling career.

**STUDENTS: Name five things you would like from an employer, to support your life inside or outside of work**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Exercise (5 mins):

**STUDENTS: Get into pairs and tell each other your five inner and outer rewards. What are the differences? Discuss why you want different things in life.**

Exercise (15 mins):

**STUDENTS: Stand up in your pairs and present the other person's list to the room.**

For example, "Katie said she would like the following rewards from a career journey. I'll start with her five inner rewards. These are, in order of importance..."

For everyone listening, can you write down (on a piece of paper) the name of a job (for every student) that you think might suit their rewards list?

Watch  
**Stephen's 'What I Wish I'd Known' choices guide**



You are connected to every single person on earth. Small World Theory states that every person on earth is indirectly connected to everyone else, via a set of factors. If you can find these connections and turn them into direct links (networking, volunteering) then you will realise you are somehow connected to every job in the world.

Exercise (10 mins):

**STUDENTS: Pick someone you know (a family member or friend) who has a job they enjoy.**

**Inner Rewards**

Name five ways they get to feel at work (write down the most important way first):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Outer Rewards**

Name five things you would like from an employer, to support your life inside or outside of work:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Exercise (15 mins):

**STUDENTS:** some of you present the job of the person they know (and their 10 job rewards) to the class.

**TEACHER:** reflect on how each person's 10 rewards are different (or the same) as the role of a teacher and the inner and outer rewards received from teaching.

**TEACHER:** present to students someone you know who has a completely different career from yours, and the top inner and outer rewards you feel this person gets from their career.