

## **Supporting Young People Through Vision**

*'Anything is possible, if you believe in it, and are prepared to commit to making it happen.'*  
Sain Dzemail

### **Who is Insain?**

We are Insain, a social enterprise committed to making a difference in the world by empowering young people to create opportunities for themselves. Insain is a product of every experience and interaction we have encountered. Founder Sain Dzemail has worked professionally with young people since 2005 over the last 13 years in Youth Centres, Accommodation and Homelessness Services, Drug and Alcohol Rehab Centres, The Department of Education, The Department of Corrective Services, Juvenile Detention Centres, Youth Support Services, Private Schooling, Remote Aboriginal Communities and Street Outreach Services. This has enabled Sain to build Insain and develop a strategy and a framework that inspires young people who are dealing with various barriers to get out into the world and discover their full potential.

### **What Does Insain do?**

We do Visionwork™, a simple and effective visual program created by Insain to aid us in empowering young people to discover what is important to them. When a kid has a vision, they have an opportunity of fulfilling something. They have a purpose.

### **How does Insain Contribute to Young People?**

We connect with young people through technology and digital applications and by asking the questions that matter to them. Once we discover their vision, the young person acknowledges the barriers they perceive are stopping them from taking on opportunities. Through creating a safe space for the young person to share their ideas, together, we create an understanding of what is practicable for them.

Unique, individual plans are articulated to the young person and who they choose to share with, constructed using vision centred research and our effective approach in connecting the young person with the appropriate Industry professional they breakout in their Visionworks™ program with Insain.

Once we have aligned an opportunity with an Industry member who fits the young person's criteria and supports the professional and emotional

aspects of their vision, Insain, the young person and the professional sit down and have a conversation that never would have happened before. Through visional interviewing, we have the young person ask the questions they need answered. Inspired by their prospects, our young people walk away from these meetings passionate and with clear firsthand beliefs that their dreams are every bit as attainable as anybody else's.

Supported by Insain through their journey, prepared with their plan and purpose, the young person sees for themselves what it takes to make their dreams come true.

### **True story:**

Sam's feeling really troubled at school, withdrawing from group discussions and losing interest in the work. The teachers and Sam's parents grow greatly concerned for Sam's future. After talking to Sam at home and in school, nothing appears to be making a difference. The school suggests an active approach might inspire Sam and solve any underlying issues he may be experiencing.

Sam's parents contact Insain. We meet with Sam. We build a rapport with him to have Sam answer "if you can have anything what would be the most important thing?" We focus on the answers hiding behind the real things Sam wants out of life. He wants to be an artist. Insain understands Sam's wish to express himself in his own way. Sam's barriers are possible criticism from his peers about his art work. Sam conveys anxiety about the opinion of others.

Insain creates opportunities for Sam to reach his goals and aligns a meeting with a local artist Insain believes supports Sam's vision. Insain and Sam sit down with the artist and Sam asks the artist the questions he would like answered. The artist inspires Sam and his vision, empowering Sam to continue the step by step plan he and Insain originally created together in Sam's Visionwork™ program with Insain. Sam now shares all his artwork and completing his studies in the Arts.

### **Why is Insain Different?**

Insain's unique approach to engaging young people and the incorporations of a diverse range of professionals to assist in discovering what the young person needs to make a difference and be proactive about their future is what sets Insain apart from other services out there.

Insain inspires all young people by creating a safe space and encourages their beliefs that their vision matters, regardless of its nature. Through visual listening and important conversations, Insain determines who in the community will support and offer opportunities in alignment of the young person's vision. Insain empowers young people to discover their possibilities and encourages them to go after them by creating an environment in which they know they are winning.

### **Who do we Inspire?**

Insain focuses on inspiring all people. From one-on-one in-person support to large group vision sessions, Insain is flexible in working with individuals and credible establishments to create the best environment that works for everyone.

## **Expressions of Gratitude**

'Going into it I really had no idea what to expect. On meeting my vision worker, I knew this was going to be worthwhile. The session was focused around what I want to achieve in the future. Now this is something I think about enough but it is not something that I have ever sat down and systematically broken down into components to then be consolidated onto a piece of paper. It was this action that helped me firm up my future and have confidence in the present. This experience was truly rewarding and is something that I will continue to do into the future to keep myself centred.'  
Sarah Aged 21

'Insain staff worked with my son, and together they discovered what direction he really wanted to take on in his life. They made the biggest difference. My son has now started working and has taken on another one of his goals of being fit and healthy. He is happier, more confident and is spending less time in his room and is even interacting with his brother, which was not happening previously.'  
Liz, a Parent

'Thank you for creating an environment in which I was able to organize my thoughts. It helped me see I have potential.'  
Cameron Aged 14