

RETURNING MISSIONARIES TRAINING

ESTABLISHING SELF-RELIANCE

RETURNING MISSIONARY TRANSITION PROGRAM IN AWA



Returning Missionaries Program

- 18 Service Mission Couples called through the area to work with YSA Gathering Places and returning missionaries
- Contacts with missionaries six weeks prior to their return home
- Assess their situation, plans and needs
- Help missionary develop 'My Plan'
- Communicate with home stake presidents
- Build a support TEAM
- Self-Reliance resources are an important part of these efforts

RETURNED MISSIONARY PROGRAM OBJECTIVES

- Stay active, become self-reliant, stay on the covenant path.
- Prepare to receive and magnify a calling in their local units.
- Regularly attend Church and YSA activities, institute, self-reliance classes and missionary support.
- Be worthy to attend the temple and prepare for eternal marriage.
- Find employment that provides sufficient income (this may be a side hustle to get you to larger goals).
- Consider education options such as developing a trade, leaning technical skills or seeking a degree.

LIFE ON MISSION VS BEING BACK HOME

FEELING OF LOSS

- Changes to Family Life
- Changes to financial Status
- Lack of structure
- Anxiety over unknowns
- Loss of identity
- Loss of purpose

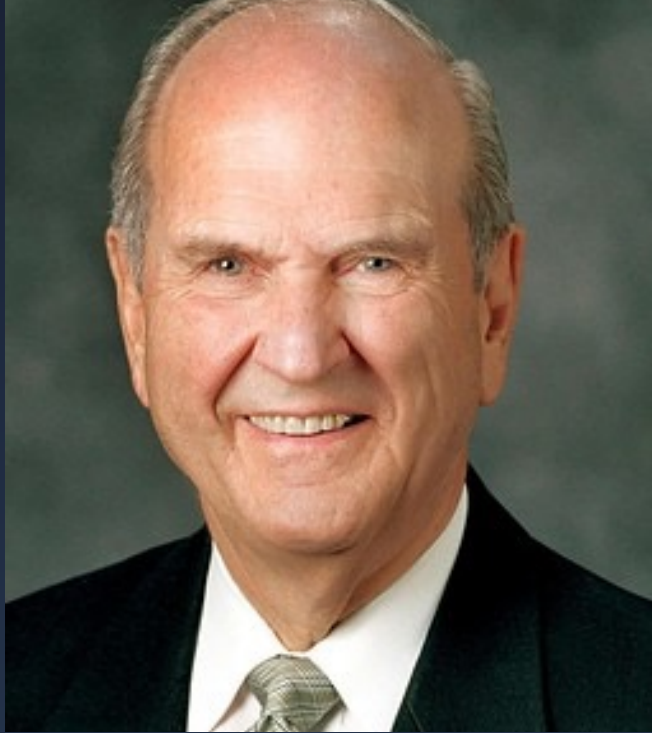


ADJUSTING TO POST MISSIONARY LIFE

- Missionary habits – praying, planning, hard work, spiritual growth.
- Personal study.
- Seek the Lord's guidance, as you set objectives for all aspects of life.
- Daily, weekly, monthly and long-term goals.
- Reach out to trusted individuals
- Be happy!



PROPHETIC COUNSEL



President Russell M. Nelson

“The adversary never stops attacking. So, we can never stop preparing! The more self-reliant we are- temporally, emotionally and spiritually - the more prepared we are to thwart Satan’s relentless assaults.”

SELF-RELIANCE: PREPARING FOR YOUR FUTURE



WHAT IS SELF-RELIANCE?

Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family.

General Handbook 22.1.1

SELF-RELIANCE EXPLAINED



Julie B. Beck

Self-reliance means using all of our blessings from Heavenly Father to care for ourselves and our families and to find solutions for our own problems.

We become self-reliant through obtaining sufficient knowledge, education, and literacy; by managing money and resources wisely, being spiritually strong, preparing for emergencies and eventualities; and by having physical health and social and emotional well-being.



Fast Offerings and
Self-Reliance Plan



Food and
Commodities



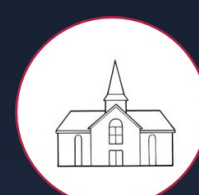
Local member
skills & networks



Professional
Counseling



Addiction
Recovery



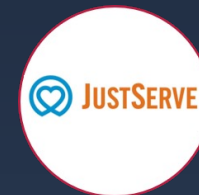
Stake Self-Reliance
Resource Center



Deseret Industries
(U.S. and Canada)



PEF Loan
(International)



Volunteerism



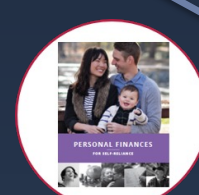
Humanitarian Services/
Emergency Response



EnglishConnect



Community
Resources



Self-Reliance
Groups



PathwayConnect

SELF-RELIANCE RESOURCES



Self-Reliance Groups

- Formed at the stake or ward level, Gathering Places
- Organized through the stake self-reliance specialist
- 10-12 weeks in length
- Facilitated by individual who:
 - directs the discussions
 - ensures participants are completing assignments
 - Issues completion certificates at the end of coursework

THE NEED FOR EDUCATION



President Thomas S. Monson

“Today’s world is competitive, more than it’s ever been. I believe men and women need to get a type of education which will enable them to meet the (urgent needs) of life....Men and women need to be prepared for a vastly broader scope than we’ve ever had before.”

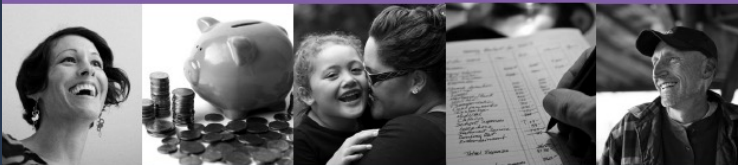
PERSONAL FINANCES FOR SELF-RELIANCE



PERSONAL FINANCES

FOR SELF-RELIANCE

- Benefits and dangers of taking on debt.
- Creating a financial plan and following a budget.
- Protecting against financial hardship.



EMOTIONAL RESILIENCE FOR SELF-RELIANCE



**FINDING STRENGTH
IN THE LORD**

EMOTIONAL RESILIENCE

- Learn how to manage stress, anxiety, depression, and anger.
- Build healthy relationships while providing strength for others.
- How faith in the Lord can help us with life's challenges.



MY PATH FOR SELF-RELIANCE



MY PATH

FOR SELF-RELIANCE



Step 1: Self-reliance Assessment

Step 2: What Are My Strengths?

Step 3: What Work Could Give Me The Income I Need?

Step 4: Which Self-reliance Group Should I Join?

**Education – Employment – Self Employment – Finance –
Emotional Resilience**

Step 5: Act

EDUCATION FOR BETTER WORK FOR SELF-RELIANCE



EDUCATION FOR BETTER WORK
FOR SELF-RELIANCE

- Group members identify a Preferred Job or skills that will help them become self-reliant.
- They find the Preferred School or Program (including Pathway) that leads to that job.
- Group members also prepare for Perpetual Education Fund (PEF) loan, if appropriate.



STARTING & GROWING MY BUSINESS FOR SELF-RELIANCE



**STARTING AND GROWING
MY BUSINESS**

FOR SELF-RELIANCE

- Basic steps needed to successfully develop your own business.
- Identify skills and interests and how they can be turned into a business.
- Learn essential business skills
- Understand the Lords promised blessings of temporal and spiritual self-reliance.



FIND A BETTER JOB FOR SELF-RELIANCE



FIND A BETTER JOB

FOR SELF-RELIANCE

- Resources for identifying good job opportunities
- Networking and enlarging your contacts
- Writing resumes and interviewing techniques
- Excelling on the job



BEING THE BEST THAT YOU CAN BE



President Gordon B. Hinckley

“I do not care what you want to be as long as it is honorable. A car mechanic, a brick layer, a plumber, an electrician, a doctor, a lawyer, a merchant....But whatever you are, take the opportunity to train for it and make the best of that opportunity”

SELF-RELIANCE RESOURCE BENEFITS

- Learn principles of living a meaningful life
- Better understand your talents, abilities and vocational desires
- Investigate stable job and career opportunities
- Focus on the future and allows the revelatory process to guide you
- Develop a detailed plan to help you achieve your temporal and spiritual goals

EDUCATION AND SKILLS RESOURCES

- Perpetual Education Fund (PEF)
 - LOAN that provides funding for vocational and technical training
 - Members can become self-reliance by developing skills in demand in current workforce
- The Benson Agriculture and Food Scholarship
 - Pays for tuition for higher education or technical training in specific areas of study related to agriculture.
- PathwayConnect
 - Low-cost education program that helps people start or return to college.
 - Within one year (three semesters), students complete coursework online.
 - Credit can be applied towards a BYU-Idaho online certificate or degree.

OTHER AVAILABLE RESOURCES

■ YSA Gathering Place

- For young single adults (YSAs) normally at stake centers or institute building
- YSAs gather and participate in wholesome activities and experiences that will bring them closer to one another and to God.
- Activities may include spiritual, physical, emotional, and secular self-improvement classes, self-reliance groups, academic tutoring, and skills training

■ Institute of Religion

- Religious education for young adults ages 18 to 30.
- Strengthen their commitment to Jesus Christ and conduct a comprehensive study of the scriptures and words of modern-day prophets.

In Summary - Pray, Plan, Work

- Continue the good habits you have learned on your mission
 - Schedule and plan your time
 - Work as hard as you did in the mission field
 - Focus on continued spiritual development
- Have regular contact with your support Team
 - Bishop, stake president, self-reliance specialist, mentors
- Establish goals and have a plan for reaching them
 - Self-reliance groups, educational resources
- Trust in the Lord

Thanks for Your Participation

Questions???



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS