



## YES Quest • Vision • Values • Practice

### Our Vision

*To provide young adults with creative and challenging development programs in safe, supportive and fun environments in which they learn more about themselves and their talents, and how to best develop and express themselves in their future life and work in deeply satisfying ways.*

- We believe that each of us can discover much more about ourselves from our own inner resources with the right processes and support. The big challenges are to engage in self-discovery and then to apply what we find so we can live a more satisfying and authentic life.
- We seek to provide creative and challenging programs in interesting and unusual locations around the world that contain both 'outer' and 'inner' journeys. The 'outer' experience can be a wilderness experience, a challenging physical journey, meeting and learning about the cultures of other peoples or starting an enterprise or personal project.
- The 'inner' process is a personal development experience to discover hidden aspects of self, to identify and face fears, to recognize and learn more about personal talents and potential and to receive feedback from others on how we are really perceived.

### Our Values

In summary, we believe:

- HONESTY – with ourselves in who we are, and with others we work with, in sharing both ourselves and our experience of others.
- TRUST – in our wise self and inner intuition in providing guidance for our life and in judging what to share with others.
- COURAGE – to follow our deep interests and passions, use our intuitions and be who we really want to be in life.
- RESPECT and LOVE – ourselves, even when we make mistakes, and others when they make their mistakes.
- SUPPORTIVE COMMUNITY – is an opportunity for us to know more about ourselves, to feel loved and supported and to support others in their journeys.

[www.yesquest.org](http://www.yesquest.org)

- **LEARNING AND GROWTH** – comes best from living our life with courage and honesty, doing those things we really want to do and reviewing both our achievements and mistakes.

## Our Practices

As facilitators of YES Quest programs, we believe in and have committed to the following practices:

1. **Individual and Group Wisdom** – to value and respect each individual and their decisions, the collective wisdom of the YES Quest community (group) and the YES Quest team.
2. **Service and Support** – to serve the need of each individual in the YES Quest process and provide a safe and supportive environment for each individual and the group to the best of our ability.
3. **Professional Knowledge and Skills** – to use our professional skills and experience to our best ability, and to work within our respective capacities and professional knowledge.
4. **Honesty in Sharing of Ourselves** – as a member of the YES Quest community, including sharing issues that may arise for us, if appropriate, in the community.
5. **Team Working and Sharing** – with other YES Quest facilitators, with honesty about ourselves, and each other, for the benefit of the participants in achieving their goals and those of the YES Quest program.
6. **Confidentiality** – to treat the shared stories and needs of all participants and fellow facilitators as confidential to each program, and not share them with people outside the program, but to share our own experiences as we wish.
7. **Conflicts of Interest** – to acknowledge and declare conflicts of interest to fellow facilitators and the YES Quest organization that may arise before, during and after any YES Quest program.
8. **Protection of Participants** – to fully protect all participants in YES Quest programs by not taking advantage of any information they may share, or any vulnerabilities they may express or forming any intimate or sexual relationship, as a consequence of the closeness established as a professional facilitator or counselor.
9. **Continuous Learning and Growth** – to seek continued professional development as facilitators/counsellors and be open to accepting opportunities for our own personal growth however they arise.
10. **Respect for Diversity** – to treat all people with equal respect and fairness regardless of race, creed, culture, gender or other difference