



Our Mission

“To run tabletop role playing games that support being present and to empower the growth of those with challenges engaging in empathy, social skills and self talk ”

Here is Spectrum Quest's **Mission**. With our **Vision** for the world, this **Mission** gives an overview of how we want to make the **Vision** come true. Below, we breakdown the above **Mission**, as well as give some examples of how Spectrum Quest may implement elements of this **Mission**.

“... tabletop role playing games...”

In a Table-Top Role Playing Game (TT-RPG) participants use their imagination and creativity to design unique fictional characters, while the Game Master (who runs the game) designs and/or describes the world these characters come to life in.

The Game Master presents challenges for the players to face, playing as other fictional characters, and sets quests for them to achieve together. A story develops as the participants tell the Game Master what actions their character takes in response: if the task faced is difficult, then dice are rolled to determine the outcome which the Game Master then narrates!

We use this tool, because it provides an amazing space to practice real life skills without real risk, while also being a really fun and attractive game for participants, allowing them to relax while doing so.

“... support being present and to empower the growth of...”

For us this means

- Providing roleplay opportunities during the program to practice skills individuals may find challenging
- Remaining in line with our **Value** of **Empowerment**: Allowing players who join the program to choose whether they take on the social challenge in the game.
- Providing a safe and enjoyable environment for the growth to take place. A person must first be allowed to be *present*, and as they are, before they can be challenged to go further.

“... those with challenges engaging in...”

Spectrum Quest will always welcome anyone who has *challenges* that we seek to help with (see below). Whether their struggle to *engage* in a given area is because they have never been given the opportunity to develop this area, external circumstances make this more challenging, or because of

their particular neuro-differences, we will **Empower** them as best as we can.

We recognize neurodiverse people can often have a greater benefit from extra support, and we accommodate our programs to such people.

Whether or not a person is neurodiverse, we tailor our programs as much as we can for every person who joins Spectrum Quest.

“... empathy...”

Refers to our ability to understand another person's point of view and gain an appreciation for who they are. Alongside the ability to open up and share one's own life with another person

“... social skills..”

Refers to the practical elements of interacting with another person. When to speak. When to listen. What questions to ask. How to be culturally polite. And so on. This is not a once learned skill, but a life long endeavour, which can vary in different cultures.

“... self talk”

Refers to all that goes on in one's own mind. If we think well of ourselves, and are emotionally regulated, this may improve our ability to remain present, and connect with others. And the opposite can hinder these things.