

# Participant Workbook

## Class 1: The Power of Your Voice



3 Week Course



# Class 1

## Personal Reflection

**What did you think about Kerrie Joy's message and how this is at work in your life?**

Self-Advocacy Is:

- Standing up for yourself.
- Speaking up for yourself.
- Identifying who you are.



# Class 1

## Self-Awareness

How are the following ideas at work in your life? What do they mean to you?

Self-Advocacy Involves:

**1.** Knowledge of Self / Knowing Yourself

**2.** Knowledge of the systems around you that try to define you before you have the opportunity to define yourself.



**3.** Solidarity - Unity with others, seeing that you are not alone, having common interests and common goals with others.

# Class 1

## Creating Your Life Tree

**Purpose:** Self Advocacy begins with knowledge of self. We will work to create a Life Tree that will give you the opportunity to reflect and learn about who you are. It is a visual symbol that represents your life and the various elements that make it up—past, present, and future.

By labeling these parts you not only begin to discover (or perhaps rediscover) aspects of yourself shaped by the past, but you can then begin to actively cultivate your tree to reflect the kind of person you want to be moving forward.

### The Parts of Your Tree:

#### **Your Leaves** (*how the world sees you*)

- Person that you present to the world
- Your title (*like a student or an employee or another title*)
- Everything you present to the world

#### **Your Branches** (*how you see yourself*)

- How you hope to see yourself in the future
- How do you hope the world sees you

#### **Your Trunk** (*your values and core beliefs*)

#### **Your Flowers and Seeds** (*your legacy*)

- What you want to leave behind after you are gone
- What do you want to leave behind in your immediate world
- What do you want to leave from your life experiences

#### **Your Roots** (*where you come from*)

- Where everything starts (*EXAMPLE: where you were born*)
- Your life story (*EXAMPLE: who were your parents*)
- What informed who you are (*EXAMPLE: your environment growing up*)

# Class 1

## Creating Your Life Tree

**How the world sees you:**

**How you see yourself:**

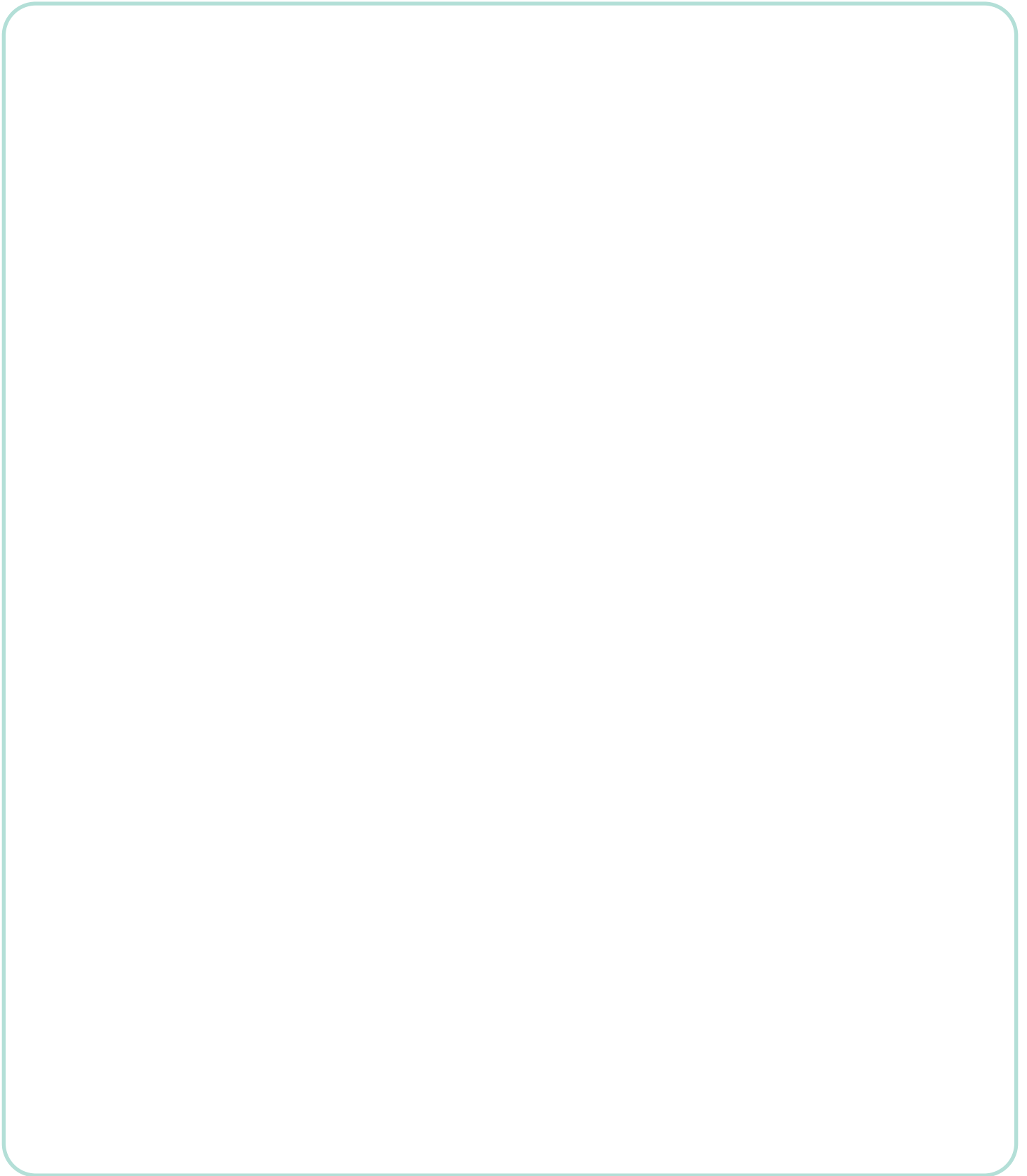
**Your values and core beliefs:**

**Your legacy:**

**Where you come from:**

# Class 1

## Draw Your Life Tree

A large, empty rounded rectangular box with a light teal border, intended for a student to draw their 'Life Tree'.

# Class 1

## Big Ideas

What Do I Want to Remember?

1.

2.

3.



Details to help me remember:

# *Participant* Workbook

## *Class 2: Understanding Person-Driven Planning*





# Class 2

*Think. Brainstorm. Share.*

**Who do you want on your team? Be specific, put people's names:**



**Why is it important for you to lead your team?**

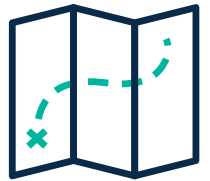


# Class 2

*Think. Brainstorm. Share.*

**How will you create the life you want?**

**What specifically do you need to do and what support do you need?**



# Class 2

## Big Ideas

What Do I Want to Remember?

1.

2.

3.



Details to help me remember:

# Participant Workbook

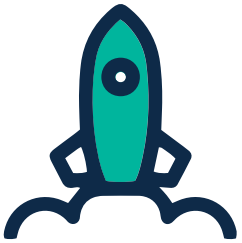
## Class 3: Drafting Your Person-Driven Plan



# Class 3

## *Drafting My Person-Driven Plan*

How do you want to use Person-Driven Planning to change your life?



# Class 3

## Drafting My Person-Driven Plan

What are my strengths?

What do I need to be successful?

Your Person-Driven Plan should answer the following:



Who developed my Person Driven Plan?

Who helped?

If people disagree with my plan what will I do to solve the disagreement?

Who should I share my plan with?

Where should we meet to discuss my plan?

Where do I think I want to work?

How do I want to be engaged in the community?

What things do I want to do with my family?

Who should help me carry out my goals?

# Class 3

## Goals

Goals should relate to relationships, community participation, employment, income, savings, healthcare, education, living arrangements, etc.

### Goal #1:

What are the risks?

What do I need to do to make this happen?

Who will help me?



### Goal #2:

What are the risks?

What do I need to do to make this happen?

Who will help me?

### Goal #3:

What are the risks?

What do I need to do to make this happen?

Who will help me?

# Class 3

## Big Ideas

What Do I Want to Remember?

1.

2.

3.



Details to help me remember: