



Do you struggle to feel heard, to get your point across or to untangle the multitude of issues you may have in order to prioritise them?

During this workshop you will:

- Learn skills that will be of value to develop in order to effectively support your child in school, at home and in the community
- Gain insight into your own strengths and realise your limitations.
- Understand the concept of self-advocacy and how it can work for you.
- Be able to prioritise issues and prepare for meetings or telephone conversations so that you feel in control and less overwhelmed.
- Learn how to set realistic outcomes

The ability to understand and communicate your needs and wants to others is a skill all people need. Those who are skilled at self-advocacy are more likely to have a sense of control over their lives and feel more confident and competent. This sense of confidence and competence inspires people to a greater level of self-determination.

This is what parents who have attended this workshop had to say:

'I found this course very useful – it was really good to interact with other parents and learn from them. The presenter was a true professional – she explained everything so that everyone could understand'

'Useful, insightful and empowering. Life skills that can be transferred to all aspects of life'

'I really enjoyed it – lots of helpful techniques and