

Free Life-Plan Workshop Part 1: Getting Started

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SPEAKERS

Eric Goll, Emily



Eric Goll 29:48

My name is Emily, I am going to be helping Eric out tonight. And basically just here to provide support while he delivers, some awesome information to you are so welcome to this live life plan workshop with Eric Goll, who is a family member and founder of empowering ability. So who's excited about this workshop tonight. Let me know in the chat if you're excited to be here. We're so excited to have all of you and we've got folks from all over this evening which is so great. So that's, that's really exciting to see. So throughout the workshop, please feel free to take notes, either in the workbook PDF that you have, or you know pen and paper. **And if you want to write any questions that you have for Eric to answer. Please type those into the chat, I'll be collecting questions for Eric to answer during the q&a period, which our very best to get to as many as possible but if you do have a question that you** would like Eric to answer, you can just put that in the chat, and I'll take note of that for the q&a session at the end.



31:03

Okay.



Emily 31:06

All right. And as always, we are going to start with a land acknowledgement this evening. So please join us in that wherever you find yourself right now, as I said, we have folks from all over the world this evening so exciting. Just think about the land that you are on and send a virtual acknowledgement and gratitude for the original carers and stewards of this land. I'm just going to invite you to take a quick moment and pause and reflect on that the land on which I live and work is part of the treaty lands and territory of the Mississauga as of the credits. So we're reminded the land on which we live and work is steeped in British indigenous history and is home to many First Nations, matey in us, and other global indigenous people today so grateful for the opportunity to work and live on this land. So today is part one of this two part workshop and part two is going to be live tomorrow. So that's Thursday, February 25 at 7pm. Eastern time. And today in part one, Eric is going to cover how to get started with life planning, what you can do to continue increasing your loved ones independence, even during the pandemic. The key to creating an awesome ordinary life, and you'll have the opportunity of course to connect with other families that just get you. So that sounds awesome right. Does that sound like it's going to be helpful exciting. Let me know in the chat. It's so great to see everyone interacting. So thank you so much to all of you feel free to make use of that chat this evening as much as possible. And without further ado, I'm going to introduce Eric. All right. So first and foremost Eric goal is a family member. He's also a family coach and the founder of empowering ability. Eric has dedicated his life's work to serving families who have a loved one with a developmental disability. And I think you're really going to get a sense for his passion and his dedication today. Eric has a sister named Sarah, who is an incredible young woman with a smile that draws you in. And lights up the room. In August, 2020s, they're moved into her own home with her pet cat, Annie. She's grown her capability immensely over the last five years and today she manages her own life and her own supporters with minimal help. Prior to COVID-19, Sarah held a volunteer position at the local YMCA and she was working towards getting a paint shop. There has a developmental disability and that is a part of who she is, but it doesn't define who she is. However life wasn't always this way for Sara, Eric and their family. In 2015, after years of caregiving their mother burnt out, which spiraled into family conflict and looking for help. This is when Eric began helping his own family to create a good life for Sara. He never would have dreamed that he would be teaching 1000s of families across the world, the methods that he'll be speaking about today. Eric's intention was to create a future for his family, and a handful of one to one coaching clients. Little did he know that he would be helping families across the globe with his knowledge and we do have folks from across across the globe here with us this evening. Eric is a certified coach from Royal Roads University, and the founder of empowering ability. He creates weekly videos to support families to continue their learning and he hosts the empowering ability podcast. Now with over 60 episodes available with the world's most leading experts on developmental disability. Make sure to

check that out later on when you get the chance, Eric is also the creator of the plan my future coaching program online course, where he guides families step by step to build a five year life plan with their loved one, and provides the know how to bring their plan to life. So let's welcome Eric on to the webinar this evening. Hey, Emily How



35:25

are you,



35:25

I'm welding. How are you,



Eric Goll 35:27

awesome, awesome, you've been doing a great job isn't Emily. Emily doing a great job did Emily. Thank you, in the chat, everyone she's been holding down the fort. And Emily I'm gonna let the cat out of the bag here Emily, it's Emily's first time doing this type of thing so you guys didn't notice Did you no one, no one noticed, no one noticed that I put her on the spot now but



Emily 35:53

I'm glad no one's catching on to my no one,



Eric Goll 35:56

no one ever anyone was



35:57

talking to a computer.



Eric Goll 36:01

Awesome, people around the world so people are great What a great group of families that we've got here I saw all across Canada, all across the United States. Pull in New

Zealand, there's some other probably other places that I didn't catch but if you haven't shared yet where you're from. Let us know in the chat but we got an awesome group here so super excited, and I'm excited to do this live Emily because usually to teach this workshop I've been doing it through recorded videos so it's fun to be here live and to feel everybody's energy. So, for sure. Yeah. Awesome. So Emily I appreciate you, Emily is going to be helping keep track of questions in the chat so you'll see Emily interacting in the chat and we'll touch base with Emily again soon.



36:51

Awesome. sounds great. Thanks Eric.



Eric Goll 36:53

Awesome. Thank you, Emily. All right. How's everybody doing. Getting Started right so we're in the many of us are in the, in the starting blocks and that's that's okay. Some of us have have started to think about a plan and the future and. And that's awesome. But it's just way better to do this together. It's a really hard thing to kind of go out and do alone so I'm glad that we're all here together. Doing this thinking having these conversations because they're really important conversations, for us to have so before we get started, I just want to do some quick housekeeping here with you. This is a safe space. Okay, so I want to create this this space here tonight and tomorrow in this workshop. And on the, the all access page which many of you have been on which has been awesome if you haven't been on that yet, go check it out. Many of you have introduced yourselves there so go ahead and do that but this is safe space for families, I want you to be able to talk about what's most important to you. So I know we've got a few supporters paid supporters that have snuck in here, which is okay because they're, they want to learn, they want to learn. And this is a great place to learn but I just want any paid supporters to be mindful that this is a safe space for families so for paid supporters that actually prefer you stuck to the replays, and left the live versions for us families to talk about whatever is important to us. That's kind of my preference if you're here as a live supporter alive today. I'm not going to say you have to leave but when we go into breakout rooms just stay here in the main room with me. We've got the live transcription with otter.ai running so as Emily explained if you click on the red live button on your screen and then click on the second drop down which is view stream on otter.ai, that gives you closed captioning so it'll basically give you text of what I'm saying so for some people that's very helpful from accessibility standpoint, use the chat, ask questions in the chat. We're going to be using the chat, a lot with this many people it's not possible for us to be unmuting and stuff because it just wouldn't work so the chat is the go to if you send me private messages as well in the chat,

I can't get to them so keep the chat to the, to the main room if you can treat others with kindness and compassion show up with courage and have an open mind so try and have a really open mind, as we're as we're talking today, and your bonus workbook so in my emails I mentioned, you're gonna get a bonus workbook so I'll drop it in the chat but Emily I'm going to ask if you can put it in the chat maybe a couple more times in case people join late. Oh sorry, that's the zoom link, Emily helped me out there and put the workbook in the chat if you could. Okay, awesome. So, creating a life plan. I my guess is this brings up a feeling for you. What feelings come up for you, and open up your workbook, take some notes. Okay, so let's acknowledge what's coming up for you. Around life planning overwhelm terror that's a strong word pearl terror is a strong word panic indecisive decisive anxiety, fear fear fear hope, anxiety, hopeless. Right. This is an emotional thing. This is a hard thing. Right. And I think one thing to notice is, we're all feeling real similar about it. Right. So there might just be a little bit of comfort within that that other other families, other family members are feeling similar but I see Allison in here. Way better. Alison maybe you can share in the chat why you're feeling. Way better Alison and I have been working together. So, Alison, feel free to share in the chat but we all have this shared experience within us right so it can help ease that maybe feeling of overwhelm a little bit just knowing that other families are in similar spots and I see. Marilyn and Ryan impossible mountain we're going to be talking about this metaphor of a mountain so so that might fit well for you. Marilyn Ryan. Okay so, courage, who feels like creating a life plan is trying to make this jump. Does this resonate with you like you're standing on the edge of this cliff and you want to get to that other side. And you're like, that's a big jump. That's a scary jump uncharted territory. Right. It feels pretty scary, and it takes some courage to take this jump right so I just by you showing up here tonight to have these conversations to do this learning to start your thinking to start planning right. I appreciate your courage, so you can keep that courageous energy with us tonight. I think it'll it'll serve us. Okay, now. Don't worry, because I got you, I got you. So, if you're taking this leap of faith with us. I've got you so I hope this makes you smile a little bit I couldn't help myself with Photoshop. But I got you so I'm going to really work with you and go step by step by step. Right. So, so you're taking this leap of faith, right, and I appreciate you taking this leap of faith with me but I want you to know that I got you. Okay, I've got you. Right, so I'm here, I'm here to simplify things to give you strategies and best practices, and really to break things down into small, manageable chunks, okay that's that's my role. So, do you want your loved one with a developmental disability to have their own awesome ordinary life. Or maybe your self advocate Do you want to have your own awesome ordinary life, and you might be saying well Eric, what is an awesome ordinary life. So, an awesome ordinary life is a life where your loved one with a disability is growing, and gaining confidence in themselves, where they're trying new experiences where they're getting that life experience, and they're well supported. To do that, right, and awesome ordinary life is a life with long lasting committed relationships, even when mom and dad are no longer there. Right,

people are going to have their back, throughout their life. Right, it's a life where your family member is excited to get up in the morning, right, maybe to go to work, or volunteer or engage in their interest in ordinary community you're gonna hear me keep coming back to ordinary, right, a life for your family member has a home that they can call their own life, they can call their own right, and awesome ordinary life so when I'm talking about an awesome ordinary life, those are the things that I'm talking about, right. So, do you want this life for your loved one or yourself advocate Do you want this type of life. Let me know in the chat give me a yes in the chat if you want this type of life and awesome ordinary life because I too want my sister to have an awesome ordinary life. And listen, I get it, my families face many challenges, and we continue to face challenges right it's just kind of new challenges, and it can be really hard for our families to figure out how to support our family member, with a disability to live a good life because, really, we're left to figure it all out on our own. And when we add in this impact of the pandemic it just brings an added uncertainty. On top of uncertainty that was already there, and it can feel impossible it feels like trying to make that jump right maybe without the rope so you've got the rope so as families, you know, we often feel stuck, and stuck in this dependency cycle and it can feel like our life is permanently merged with their loved one. And just the thought of the future can cause our anxiety levels to rise right maybe the hair on the back of our neck raises a little bit. Right. But what's really key is, and hopefully we're gonna get this today. Some of this love is that, you know, it can feel lonely but you're not alone. Right. You know, most parents and siblings and other family members have this experience, if our loved one has a developmental disability, right. So, we just need to remember though that, you know, some truths, right, like we're not to blame for, you know, our family situation. right. And, you know, we have to. It's been tough with the pandemic but we got to remember that the situation where with the pandemic that's not our fault either. And the way that society devalues people with developmental disabilities isn't our fault, either, right, and the structure of our society limits the opportunity for people with developmental disabilities right and it pushes our families to go in work, who's gone in work. Right. And it didn't encourage us to try and do everything ourselves right there's a bunch of people that are thinking, do everything themselves. But this isn't our fault. Right. But even with this, I want you to know, it is possible, it is possible to help your loved one with a disability to create an awesome ordinary life because I found a pathway that's worked with my sister, my family, and it has worked with over 200 other families that I've coached in the plan my future coaching program. So, you know, again, What is that awesome ordinary life right what is that what are we going to be really talking on focusing on today helping you with right so here's some pictures of people that I worked with living their awesome ordinary life, right. So, a life where your loved one is growing confidence in themselves right so we got Cameron in the top corner there they just made us out a salad and Alison maybe you can share that when because it's been huge right. This is something that, you know, Allison took a leap right and Cameron stepped up made

an awesome salad is delicious. So, you know, little things like this right little steps moving forward. Yeah, they're actually huge, and we can continue to build on them, right, Sarah, making dinner, big picture here Sarah, not my sister Sarah but Sarah that I work with, in the plan in the plan my future coaching program, making her own lunch, and she's making family dinners three days a week. we've got John right John. Within a few months of after working with John his mom Angie got his first job ever job. We've got Gabby in the bottom corner walking her dog is a contributing family member, and a responsible pet owner we've got Keith with his own home. We've got Nick, engaging in community, as part of his walking group so this type of a life right. Awesome, ordinary ordinary these are ordinary things that are possible we just need to have some best practices and strategies to make that happen, right. So, your loved one can have this life that they call their own and awesome ordinary life. So, I want to share a story with you. I want to share a story with you so it's the story really of my family so we've got to go back to 2015. So, six years ago, and up until that point, I really wasn't very involved in my sister's life, and I kind of tried to distance myself from my family I wasn't really that great of a brother. And like many siblings we fought with each other and we battled often for mom and dad's attention, and my life was very different from my sisters, and I was very focused on me. Right. I was just running my own race. I had my blinders on to what I was doing and what was going on in my family and I was just putting my head down, advancing my education and career spending time with friends, and all during that time, it really might, I'm talking about my 20s, my sister was still living at home with mom and dad spending her days in the basement, doing word searches and going on Facebook. And like many siblings I had some guilt, I had guilt that my sister wasn't getting the same opportunities that I was but I didn't really know what to do about it. And I want to introduce you to my mom or my super mom, as I like to call her and, you know, she's always been the hero in our family and she was always there for Sarah from when my sister got diagnosed to until this day, and, you know, she always really took no for an answer and strive to get the best to the best for my sister the best supports best schooling best clothes. My mom, you know did her, her the absolute best she could for my sister and, like, you know, other young adults with developmental disabilities Sarah graduated high school, the supports went away. The meaning in our day halted, and my mom and sister found themselves confined to the same four walls, who can relate to that experience, let me know in the chat, can you relate to that. And then so after high school. Over the next 10 years, my supermom dug in my mom dug in and tried to do the best that she could, right, all through my sister's 20s providing her the comfortable day amazing meals doing the majority of the support for my sister, but you just don't want to hear from me right you just want to hear from me so I want to, I'm going to share just a short clip here with my mom because I think it might be helpful just to hear, hear some thoughts from, from my mom so let me, let me pull up a quick video here that I think you're going to enjoy so I'm gonna just gotta get to share my screen. I've got so many things open can be hard to find. All right, here we go. Let me

know in the chat to make sure that you can hear and see this just give me a, you're good in the chat.



51:37

Because I was like totally done. I said I couldn't handle it anymore, his situation was getting worse instead of better, and I didn't know how to handle it or deal with it anymore because everything. I tried was not working. Eric started to look into different avenues I guess and find ways to help. We developed a life vision plan was Sarah, it led to Sarah moving out of our house, which is not assessable at all to your place. Well, she has the opportunity to do a lot more for herself, whereas here, she did not absolutely did not have that opportunity. Make her own breakfast, lunch, and she just needs help with dinner. She's able to access the dishwasher and use it. She's able to do her own laundry. Things that she'd never done before. Sarah has developed some relationships, in which she has maintained, I'd say she is a lot happier and not as frustrated as she used to be. It has given me a lot more freedom, more freedom than I've had in 30.



Eric Goll 53:28

Oh, seems like



53:31

\$5, getting help has made the most difference is, I have a lot more time to myself a lot more freedom. I'm able to get out and do a lot more things. Yeah, the, the difference is huge. I'd say that getting help has changed our relationship from me being a caregiver to me being a mom.



Eric Goll 54:07

My supermom. Alright, so can you share things that my mom shared that you can connect with. Is there things that my mom shared that you can connect with. Let me know in the chat if there's things that my mom shared that that connected with you and share what they share what they might have might have been so share in the chat, and I had the volume turned up as loud as I could, so there wasn't anything I could do from a volume standpoint, so my apologies that it was a little quiet so that's my, my supermom, right, and she's amazing right she's the hero in our family and she just needed someone to guide her down the pathway forward, right. So, here's the big question that I think brought us all

here. Where do I start right let me know in the chat if you're asking yourself this question, Where do I start. Right. So let me know if you're if this is the big question you're trying to answer right so I knew I had to help my family right going back to 2015, but I really didn't know how to help. And I knew I wasn't going to let my sister live in a group home so I dedicated myself to learning. And that brought me down to the path of building a podcast so that I could interview kind of the best disability people in the world. And I started investing 1000s of dollars to go to workshops and learn and then it became a certified coach, and all of those things I did because I wanted to build the skills to be able to guide my family forward to find a creative solution to help my sister build an awesome ordinary life so as soon as I learned a new best practice or a strategy, I would go back to my family and my sister and we talked about and we tried to implement it right we click create a plan right and really helped my sister to build her own relationships interest home, helping her to contribute in her community. And through this experience, right. I was living with my friend Sam at the time and as a supportive roommate or as a roommate and Sam has a disability himself, and through living with Sam I started to understand well this type of life would be possible for my sister so I, at that point, I started connecting with other families and family groups and quickly realized that my family wasn't unique, and there's many other families in similar situations like the families that are here tonight so I left the corporate world to fulfill my purpose of guiding other families up this mountain, and you'll see, we're going to use this mountain metaphor in a minute, and really helping families to create an awesome ordinary life and so far I've worked with over 200 families to make progress in supporting their family member to create an awesome ordinary life. So there's this kind of pattern right that you heard me maybe talk about it in my story right but learning really, really start like where do we start right and in your workbook, you can take some notes so Emily if you can put the workbook in the chat again in case people haven't got it. You can type right into the workbooks and download it and you can type right into your workbook. So, this might be a good one to take some notes on so learning right like this is a great place to start because if we don't focus on learning, then it's hard for us to design and figure out what might be best for our loved one, and what that awesome ordinary life might look like. So you're, you're, you're here today, right, so you're here today, and this is a great place to be doing some learning, and then plan right so with that learning then we're gonna kind of start to start to build a plan and we might not be totally clear on our plan, that's okay. But we're more clear than before we started learning. Right. And then we're gonna implement, maybe even if we're not exactly sure exactly what we're doing or wherever we're going we're still going to take some steps forward. And when we do that, we get more clarity, and then we're going to learn some more. And it's this continuous loop continuous loop of learning planning and implementing right so we might not like I think often we're looking for this magic solution or this. Yeah, just one answer. And there is no there is no one answer right there's learning planning implementing and continuing this cycle. And once we go through the cycle once

we're gonna have a better idea. Right. Okay, so let's talk about who this workshop is for. Okay so, who is it for, well, it's for families that are like mine right families that have a loved one with a developmental disability so maybe your loved one is in the final years of high school, and with COVID-19, you're feeling what it will be like or what it has been like to have your loved one at home, maybe with that lack of structure and supports, let me know. Let me know in the, in the chat, which one of these, you kind of fit into, or maybe your son or daughter has been out of school for a number of years and mostly at home, struggling to find friendship, maybe meaning in their days, or maybe going to an expensive day program with not a lot of benefit right maybe keeping them busy and giving you a break but your loved one with a disability, likely isn't getting much out of it. Or maybe you're entering into later life, and your adult loved one son or daughter or yourself. You know, maybe they're still, you're still living with parents, they're still living with parents, and you're thinking about who's going to be there when they're gone and thinking about that kind of long term solution around home. So, see kind of people in all different categories so keep keep writing in the chat which category you which license life stage you're at right and what I want you to know is that I've helped over 200 families like yours in all these different life stages to support their family member with the development of disability to create their own life and I've done that really with the plan my future coaching program and then other free workshops, like this, I've helped 1000s of families. So, you know, We all want the best for our loved one with a developmental disability, right. So, I just want to pause here for a moment. And I want you to take a note for yourself. What's your why. What's your why. What brings you here to this workshop, what brings you to this workshop, take a note for yourself. I want you to write this down for yourself, what brings you here to this workshop, and there's courage, no courage is brought you here. But let me write it down for yourself. And then, once you've written it down for yourself, share it in the chat. What's your why. So take a minute. Write it down for yourself, and then feel free to share it in the chat, figuring out what's next. Inspiration preparing for success, good life for my son to learn new different ways to cope were to start helping my daughter be independent. Awesome. Awesome, so keep sharing your why in the chat. So there's this magical power that I've found and uncovered and I'm not the first person to uncover it so I'm not gonna act like I am, but there's this magical power about doing this work doing this, thinking with other families, and being here together in what I'm going to call our empowering ability community is super powerful right and I want you to experience the power of this community but before we do, so we're gonna we're gonna get together in some conversation. Okay. But before we get in together to get together in conversation. I want you to make sure that you have respect and kindness for everyone that you're in conversation with. I want you to be positive and I'll talk more to that in a minute. Want you to be curious, maybe to ask questions if there's time to be non judgmental and to hold confidentiality, right. So, what I mean by confidentiality is, if somebody shares with us a bit about their family story, we don't have the permission to

go and share that with anyone else. Okay, so we don't have their permission to share anyone else's story. So, for all good with that. I'm trusting maybe there's some head nods going on. If you're not good with that, I'd asked you to step out of the. Maybe not go into the breakout rooms okay so if you're not good with that. Don't go into breakout rooms or maybe this communities, it's not the right place but these are the values that we're gonna uphold. So we're gonna jump into a breakout room here, there's gonna be around three or four people in your breakout room so it'll be small, small conversation if you're not comfortable in that type of a setting just stay here with me, just hang out. It's not going to be a long time that we're in there, eight minutes total. Okay. So I want you just to get to know some other families, right, I want you to share your name, you can share a little bit about your, your family, and you can share a little bit about your loved ones character. So, just a key thing around talking about our loved one. And you'll probably notice this, we do this, we do this on default so I'm not blaming anyone but I want to bring it to our attention. So, even if you go to our all access page for this workshop right and we've got everyone kind of giving an introduction, which is amazing. But we tend to all talk about the disability, right we talk about our loved ones, disability and we focus on the disability. And I think in this type of a community. It's it maybe helps us to give it get an understanding of where each other is at. But here's the thing in this community, you don't need to explain yourself. Everybody here just gets you. Okay. So, in this is an opportunity for you to practice, talking about the positive aspects of your loved one and leading with those okay so talking about, maybe some positive characteristics about your loved one, talking about their personality, I want you to lead with that, if you mentioned the disability after that. That's okay. But we don't want to lead with a disability because then it starts defining the person, the disability is a part of the person but it doesn't define who they are, right, when you heard Emily sharing the introduction and Emily describes Sara right she talked about Sarah smile and how she draws people in how Sarah is has her own place being, that's a valued thing is a pet owner she has a cat, how she's contributing in community, right, those are the things to lead with. Right. It could be how your loved one contributes at home, they sit they set the dinner table, amazing, start with that. Right. Start with, you know, some positive characteristics of their of their personality. Okay, so we're gonna have about two minutes each. Okay. So, in your breakout rooms, we're gonna have a leader and a timekeeper okay so we're gonna go with the leader has the leader in your room, whoever's wearing the lightest colored shirt is going to be the leader. Okay so, like, a white, white shirt or like a soft color. That person is going to be the leader the leaders job is to make sure that in that eight minutes, everybody gets to talk. Okay, we're gonna have a timekeeper, the timekeeper is the person with the darkest colored shirt on. Okay, so the darkest colored shirt on, and they're going to make sure that everybody gets about two minutes, so just let us know let people know in two minutes is up. Okay, you're not being rude just say hey, two minutes is up we should maybe go to the next person. Okay, so we're gonna jump into breakout rooms. Two minutes each, but three or four

people in your room. If you're not comfortable with breakout rooms, then stay here with me. Okay, well actually it looks like we can only it'll be five or six people. It limits me on how many people, how many breakouts I can do. Okay, so it will go for 10 minutes. Okay, so if you have five, you'll have to you have to time it but it'll be about two minutes per person right so maybe a little bit less if you have six people in your room so it's gonna feel quick My apologies and it will feel quick. Okay, breakout rooms are open. Remember those values that we talked about. Emily, you can stay here with me Don't jump into a breakout room. So go ahead and click to join your breakout room. Oh, there we go, I need to open them. Now they're open. So go ahead, join a breakout room. if you aren't comfortable breakout rooms just stay here with me. It should give you an option to join your breakout rooms now. Hopefully, Emily helped me out here do you see a breakout room.



Emily 1:07:33

No, I'm not seeing a breakout room.



Eric Goll 1:07:36

Okay. Let me try it again.



1:07:40

Sure.



Emily 1:07:46

It looks like I think that's the same for everyone I'm seeing that coming up in the chat, a lot.



Eric Goll 1:07:53

Okay. I don't know why they're not working, but let's see let me try it again.



1:08:02

Oh, okay.



1:08:03

Yes, it is working now.



Eric Goll 1:08:05

There we go. Okay, go ahead. Join your breakout rooms. Yes, I will be sharing a transcript and the recording the so you can grab that leader. So go ahead and join your breakout rooms for a short introduction to some other family members. If you don't see a breakout room. You can stay here with me. So should be breakout rooms there for you folks if you'd like to join but if you would like to stay here that is cool too. I'm just taking a quick look at the chat here. See your message Ben so cool so you're chatting with Vicki and Karen from the park group that's awesome had a lot of fun working with that group and they made a ton of progress which has been cool. So welcome, Ben. Ben I think you emailed me, a while ago, and then I might have sent you to Vicki and, and Karen. So you're coming full circle. Awesome. Yeah, so we'll our downtime. So, we'll get started again in four minutes so if you're here with us, and you need a bio break or a drink or something like that, then, now is the time. Yeah, no worries if you're not comfortable in the breakout room, stay here. You don't need to. You don't need to explain yourself we totally, totally get it. Okay, I'm almost out of water so I'll be back in one sec. All right, so we will get rolling in two minutes. Two minutes. Emily Can you see the breakout rooms as well or just not sure if you can.



Emily 1:13:47

Yes, I can see, yeah how many rooms and who's in them.



Eric Goll 1:13:52

Yeah. Did it pop up that someone needed help for, you



Emily 1:13:55

know, it did pop up when you wrote the message saying, I think it was like four minutes left or something like that but that was it. Okay.



Eric Goll 1:14:07

Yes, so it's gonna be hard for me to get people back in specific rooms. Jocelyn so I will not be able to get you back in that room right now. Later, I probably will be able to Okay, so

my apologies for that. Okay, so we're gonna get rolling in one minute, I'm gonna let everybody know we're closing the breakout rooms, and we'll start in 60 seconds here. Jocelyn I'll try and get you into a breakout room for our next breakout a little bit later. We're about to jump out of them right now so appreciate your patience with me, are with us. All right, we are back folks, welcome back everybody. Hopefully we didn't lose people somewhere in the zoom sphere. Hopefully everybody made it back for their on their way back. All right, so if you jumped into a breakout room. How was your experience was it was it helpful to connect with some other families. Probably connected with families from very different places too fast, was nice. How is your experience in your breakout room, went very quickly. Yeah, it's, I would love, love to give you more time but then we gotta find a some sort of balance here right so common themes right, even though we're all living in different places, there's so much commonality right there's like 90 95% the same really no matter where we live, I think that's a key point as well. Franco learned, learned a lot. Awesome, maybe share what you learn Franca, that'd be awesome. Cool. So I think, you know what, what I've realized is that we're all in maybe living in different places, and we're all have a slightly different situations but there is that kind of commonality right there's there's more the same than different, and we all also want the best for our loved one. However, Time keeps moving, and we need to take action. Right. But the problem is, what do we take action on and where do we start right there's this big question Where do we start do we start with housing for our loved one did we start with legal and finances, did we start with getting paid supports, did we start with programs, did we start with finding people to be there for our loved one, is there something else we start with right when I asked this group. These were a lot of the common themes that came back, and I'm gonna make the argument that there's a better place to start than any of these places. Why, why is there a better place to start than any of these places. Well, when we start with those places, it puts us on this special needs path. Okay. And I'll explain more about this but the special needs path is settings designed for people with developmental disabilities they're segregated they're oppressive. They don't offer the opportunity for growth, or relationships or ordinary. Right. And we get put on this path, we get be like the school system special ed puts us on this path day programs put us on this path group homes group support. Right. and we're pushed onto these paths by default, so this is not, there's no blame going on here there's no criticism, but the systems push us onto these right the medical system right from diagnosis and birth for some people, the school system or social structure, but we don't have to accept what's on offer. Okay, we don't have to accept what's on offer. And we can get stuck on that special needs path right as families, you know, often our starting points, like we just talked about a bunch of them but it could be home or housing or it could be legal or it could be paid supports sometimes his work. But, you know, I want us to suspend that thinking for this workshop, okay because that's where we get stuck if we start thinking about housing, we get stuck because of affordability, and then affordability leads us to group homes, or group housing, which

leads us to segregated living, and that's proven not to work and it's oppressive and it segregates people. Right, or we get stuck, or we're thinking about support and we get stuck on support. We often feel we need more support and a lot of the case that's true, but we just think this paid supports kind of the holy grail of solutions and we treat paid support like a hammer and we're trying to solve everything we're trying to hit every now with paid support, but it isn't the right solution for everything. So there's some learning we need to do, and especially when it comes to relationships right thinking about who's going to be there and care for a loved one over the long term. Pizza force not the answer because pizza port often blocks relationship paid support causes trauma when that paid supporter leaves because they're, and they're pretending to be a friend, right when we get we get stuck because we think our family member is incapable, right, and our family member isn't capable of, you know, doing things like the laundry or doing that ordinary community event or having a paid job or having an ordinary friendship. And this stuff's our mindset. This stuff's our beliefs. This is our own stuff that gets in the way. And let me know if you're feeling stuck at any of these points, let me know in the chat, if any of these points that I just brought up is where you are feeling stuck. And do you see why these points right and how society has taught us, and is stopping us from moving forward. Right, I'm here to show you there's a different way of thinking, a different way of thinking. And it's applicable across across the globe. Okay, it's no matter where you live this thinking is applicable. And it works. And there's a better path available for your family member, right there's a different path. Right, and that different path is the awesome ordinary life path. It's a path of learning, a path of planning a path of implementation, and define what's going to work best for your loved one this is the individualized path right that's working to create what's best for our loved one, instead of the standardized oppressive special needs path that default path right so i wonder, I want to know, let me know in the chat who's coming with me down the awesome ordinary life path, let me know in the chat, give me a yes, if you're coming with me down the awesome ordinary life path. Let me know in the chat. I want to get 290 yeses or I'm in. And we're on our way there. Awesome. So let's do this I'm it's about courage right and and this is really about our thinking, okay. So, what is an awesome ordinary life right so we talked a bit about this but this is a life of where your loved ones growing and gaining confidence in themselves, where they're trying new experience they're getting life experience, and they're they have the right support, right. It's a life where they have long lasting committed real, real relationships, even when mom and dad are no longer there. Right. And this is a big thing I know that we're all thinking about right people that are going to have our loved ones back alive for your family members excited to get up in the morning. Right, not many of us can maybe say that some of us may be but I bet the majority aren't saying that especially right now right so excited to get get up in the morning and maybe go to work or volunteer engage in community interest engage in life, a life where your family member has a home they can call their own, maybe not now, but in the future, right, a life that they can call their own

and awesome ordinary life. So, you know, to help our family member move in this direction there isn't this essential first path so I want to bring you down this path and let's work through this first step together, and get started. Anyways, so without this step in awesome ordinary life is not possible. Right. So, the first essential step, and I was gonna try and be dramatic around this but you can see the word in on the slide it's vision, right. So, vision, right so do you want me to walk you through this first step. Let me know in the chat. If you want me to walk you through this first step of vision. Okay, cool. So, vision, is where we need to start, but what is vision, what is vision. So let's talk about that for a minute, what is vision. So we're going to use some metaphors here. Okay, so we're going to use some metaphors. Just let me get organized. I've got a couple of notes here that'll be helpful for me. All right. So, metaphors. So there's two metaphors. The first one is around surfing. Okay, so first off, I want to be this person at whatever age they are surfing that big of a wave, I think that would be pretty awesome. But I want us to fish a picture ourselves even put your arms out, put your arms out with me here. So, we're standing on that surfboard. Okay, we're riding this wave maybe we're a beginner surfer and we're like, Wow, this is amazing. And I am actually standing up, that would be, that'd be what I'm thinking, right. So, we're surfing. And the key is with surfing, is to look where you want to go, just like driving a car right I'm not a, I'm not a professional surfer or anything but if you go, I've been for a surfing lesson. So, you know, probably in your first lesson they're going to tell you, once you get up, you want to stay up but once you do that, wherever you look, is where you're gonna go where that surfboard is gonna move. Okay, I mean obviously the wave in the water is gonna push you around but generally where you look is where you're going to go. So, the question is is vision right we really trust our eyes as well. So where are we looking right so we're on that surfboard right arms out trying to keep our balance, and we look to our right. Right. Right. We look to our right and we see the rocks. And we're like, oh, crap. Oh crap, or Oh shit, like I do not want to go that direction. I do not want to die, or I do not want to get bashed up against these rocks. Right. And we look to our left, and it's like, oh, there's the nice beach. There's the resort, the water gets calmer maybe over there. Right. And as a beginner surfer we're happy about that. So, where we look is where we're going to go right where we look is where we're going to go. So if we stare at the rocks, we're going to end up on the rocks, if we look at the beach, we're gonna go to the beach. So, I want you to think about where are you looking right now. Are you looking at the rocks are you looking at all the challenges all the problems, all of the. Oh, shit. Moments of the, you know, where are you looking at the rocks you're looking at the beach right and the beach is more of our, you know, this thinking around what an awesome ordinary life looks like and that direction of that right where where might you be going. Or maybe you're doing a bit of both depending on, depending on the time depending on where you're at right let me know in the chat where, where do you find yourself looking most are you switching back and forth. In the middle, at the beach, see on the rocks in the fog paddling around back and forth. Yeah, so I want to get us focused on that direction of the

beach and just the idea here is we want to set the direction. And we want to be able to see where we're going and look in that direction because the direction that we look is the direction we're gonna go but we have to be able to see it in our minds to be able to go there right we have to be able to envision what that awesome ordinary life or that beach can look like before we can. Before we can head in that direction. Right. So, I've got another metaphor for you, around a mountain. So, let me switch, I'm gonna switch camera views here, and we're going to go over here to the flip chart. Okay. So, let me know in the chat if you can still hear me, should be able to. And I'm going to come up here to our flip chart. Okay, So we've got our mountain. Okay, I think I mentioned earlier, we're gonna come to this mountain. So we've got this mountain. Okay. And talking about vision right. Have you ever been like on a VISTA, or maybe climbed a mountain or you've been at an elevation. Think about the vision that you have right like how far out you can see. And it just gives you so much clarity, right, and there's like, I don't know, there's like a magical feeling to being elevated to be able to see that far right does that does that resonate with you. So, this mountain metaphor right so I want us to think about being at the top of this mountain, and being able to look out at what an awesome ordinary life could look like for our loved one or with our loved one, or if you're self advocate for yourself. So, you know, put us. Sorry I'm drawing stick figures here. Okay. So that's a smiley face. So, this is where we want to get to. Okay, so the top of the mountain so awesome ordinary life all those things that I talked about so loving trusting relationships home of your own increased capability and independence, people that are going to be there for you over the long term. Being able to contribute in your community and maybe you know many things that go with that. Okay, so, all that being up here. However, right now we feel like we're at the bottom of the mountain. So we're down here with a sad face. At the bottom of the mountain. Okay, and we're looking up, and we're like how the heck am I going to get up there. Does anybody feel like this person down here looking up at the mountain at the top of the mountain, Be like, how am I going to get to this awesome ordinary life. and thinking about like all the barriers and I'm not even a mountain climber, like I don't know how to climb a mountain. How the heck am I going to get up there, does anybody feel. Anybody feel like they're down here. I was chatting with with Rhonda from Alberta. I think she's on with us here tonight, and Rhonda is like we're talking about the mountain and Rhonda was like yeah and the mountains covered in ice, and there's no sticks or branches for me to grab on to, and every step I take them sliding back down. Right. They feel like that. Okay, so I get it, I get it right. But I want us to come up here to the top of the mountain, and to be able to look out and envision what that awesome ordinary life could look like there's a couple of reasons for that but. So, let me backtrack for a second, what are some of the things that come that come up for you like what's holding you back from from moving toward this awesome ordinary life, let me know. Let me know in the chat. What is coming up for you in terms of what's blocking you what's blocking you from climbing this mountain. Let me know in the chat in the chat what's blocking you from climbing this

mountain. So I'm gonna write some of these things here so I'm known. I saw COVID might be afraid. Okay, so I can put fear energy. What else is blocking your well maybe a barrier. Knowledge options. So knowledge kind of goes into unknowns maybe possibly like knowing what's so knowing what is possible. What else is blocking you not having the skills.



1:33:02

Support



Eric Goll 1:33:09

social justice attitude of society yet for sure there's a lot of external things. So there's there's those things that we don't can't control as well, right, but really trying to focus on things that we maybe can control. So, these are definitely all the things that that block us. And the one thing I want to point out is. So I've been talking about this mountain metaphor for a couple of years now. And before COVID, all these things still came up. Okay. So, COVID is gonna go away. COVID ik. That's news. That's good news for everybody. Right. COVID is gonna go away. It's going to take a bit of time. But this mountain still existed before COVID. Okay, so I don't want us to use that as an excuse because all this existed. The challenge is still existed before COVID. Right. do you agree with me on that, like, COVID has definitely amplified things I'm not trying to sugarcoat that COVID is has made things very even more challenging for our families. However, all these things still came up before COVID. Okay, so I don't want us to use that as an excuse and with this we're thinking about longer, a longer term horizon. Okay, so when I'm helping families, think about vision, and an awesome ordinary life we're typically thinking on like a five year time horizon. Okay. So, so that's past COVID, hopefully, if it's not then yeah it'll be a challenge very challenging time. So, I think also in here like other things that stop us is our mindset. What about time. This time a big one, like, do you feel like you have time to do this time. Acceptance right the the social justice piece that was mentioned. Right, so many things are maybe even stopping us from starting. Right. So for right now. I want you to put all of these on hold. Put everything here on hold. Okay. Pause suspend all of these things pretend that they're not in the way, pretend like you know how to climb the mountain. Okay. So right now we are going to in our minds in our minds we have powerful minds are really powerful minds where we can imagine, five years out, and be creative around. What an awesome ordinary life could possibly look like for our loved one, or with our loved one. So, I want we're gonna teleport to the top of the mountain here. Right. And we're thinking, five years out around what an awesome ordinary life could look like. Okay. So, the frame of ordinary is really important, and an empowering ability. One of the things

that I teach all the time, is this idea of think ordinary, and we've got Allison here so talking about think ordinary to Allison for like six months. Not six months or four months. So, think ordinary think ordinary is, Let me let me try and simplify it okay so if in five, let's say your loved ones 20. Okay, so your loved ones 20 years old. In five years they're going to be 25. So I want you to think about what do ordinary are typical 25, year olds do in your local community. And I want us to use that as a reference for thinking. And the reason is is because it gets us out of the disability mindset, it gets us off of the special needs path and puts us on the awesome ordinary life path. So everybody said yes you are getting on the awesome ordinary life path with me. And this is where we need to start. Okay so, however, will you love what is add five years. And I want you to think, ordinary, I want you to forget all this stuff right you're like, Eric. You're crazy. That's not gonna work. Like the things that I'm going to think of aren't going to work for my loved one. I want you to imagine what could be possible. Because if we can't imagine what could be possible it can't happen. Okay, so it might feel like a stretch, and I want you to forget the how. Okay, I want you to forget the how we teleported up here. Remember, we didn't have to climb the mountain. We bypassed all the barriers. Don't worry about the house right now, I want you to, you're at the top of this mountain, you can see out really far right, and see out five years, and I want you to think, ordinary so I want to guide you through just a short visionary exercise to get you thinking about this to get you to write down some visionary ideas and don't worry about the house right now because the house is going to get us, and keep us stuck. Okay. So, let me come back down here to you.



1:39:00

Okay.



Eric Goll 1:39:11

Okay, so I want you to. You're gonna need a piece of paper in a moment you're gonna need a piece of paper in a moment, but first we're gonna do this vision exercise. Okay, so we're at the top of the mountain, right, we've we've moved from the bottom of mountain we're at the top of the mountain, and the top of the mountain is where that awesome ordinary life is right. So, we've teleported to the top of the mountain. And I want you to think about what it would feel like to have that awesome ordinary life for your loved one to have that awesome ordinary life so I want you to play with me here. Okay, it's just gonna take a minute and it might make you feel a little bit uncomfortable. That's okay, I want you to really stretch your mind here. So I want you to, if you're open if you trust me here I want you to close your eyes. Close your eyes You're safe where you are right close your eyes just for a moment. And I want you to think about this case will close your eyes

with me here. And I want you to think about what your family members life could look like five years from now. Right. Thinking ordinary. Okay. It could be living in a home of their own. It could be the friendships that they have. It could be the job that they have. And I want you to paint this amazing picture in your mind. Right. And I know there might be some things blocking you, but we're gonna leave the how for right now. Right. And the How is this culprit that blocks us. So I want you to forget how we're going to achieve it how you're going to achieve it, because remember we teleported to the top of the mountain. Right, so we're fast forwarding five years so I just want you to play this movie in your in your mind. Right. Think about what freedoms, your loved one has what freedoms they have maybe what choices they're able to make what control they maybe have over their life. I want you to think about, maybe who are the amazing people in their life that they maybe bolster some friendships did they make some new real friendships. What are maybe some of the incredible ordinary things that they're doing in their community in ordinary settings. What are the awesome things that they have in their life. Once you just think about it right think ordinary. Somebody, somebody that's of similar age in your community, what would they be doing. Right. What's the impact of this awesome ordinary life that your loved one with a disability has on the rest of your family. How does your loved one living this awesome ordinary life, make you feel okay so you can slowly open your eyes. And we're back in our reality, but that's perfectly okay right we use this power of imagination and creativity in our minds to start to think about some new visionary ideas of what might be possible, maybe we don't know how to do it yet, right but an awesome ordinary life with your loved one is possible, and, you know, the pandemic is going to pass. Okay, so we have the opportunity to comment of this pandemic time, even stronger. So I want to pause for a moment I realize many of you had your eyes closed. I want you to take a couple of notes, take a couple of notes. What were some of those key ideas that came up in that awesome ordinary life, five years, thinking that you just did. I want you to write down some of those visionary ideas that you had. So go ahead, write them down in the workbook, and maybe Emily if you can put the workbook, in the chat again if anybody's joined recently. You can type right in download that workbook type right into it. It's editable take some notes for yourself. If you don't have the workbook, if you have a piece of paper or a journal or somewhere you like to keep your notes, write it down. When we write it down, it starts to become even just a little bit more real, a little bit more possible. Right, so see Shelly Shelly. We're, don't worry about the house right now. Right, so we want to put that how on pause right, we just need to think about where we want to help our loved one, get to. It all starts with us thinking about what's possible. Okay, so once you've written it down for yourself, feel free to start sharing in the chat, and then if there's ideas that come up in the chat, you can feel free to, and they fit with your loved one or your family. Feel free to jot down that idea for yourself. Right. Like, if we think about my sister's life in 2015. I was very uneducated around developmental disability as was my family and my family was of the mindset that my sister was going to live in a

group home. Right. No way in heck did we think it was possible for Sarah to be living in her own place. And the plan the whole way along was for Sarah to have a roommate a supportive roommate, six months before Sara moved she's like, Nope, I want to live on my own. And there was no arguing and she wanted to try living on her own. And today, Sarah lives on her own with your pet cat 25 years ago. If you had told me that I didn't like you're off your rocker. But if it's possible for Sarah, it's possible for others as possible for your loved one. Right. So now that we have some great visionary ideas written down right. Take a look at the chat, and if there's things that you want to add if there's ideas in there that are helpful for you. Then, add them to your, your notes. So I want to know what what might stop you right so we over here we talked about behind me on the flip chart we talked about all the things that might stop us. So what are some common things, you know one common thing that comes up is well Eric, my loved ones disability is different from your sisters, this type of thing will not work for my loved one or, you know, because of my family members type of disability. This kind of ordinary awesome life thinking just isn't gonna work for them. Right. And let's acknowledge that everyone's needs are different, right, no one's needs are the same as my sister is no one's needs are exactly the same as as your loved ones or yourself if you're a self advocate, but we also don't know what a person is capable of until we give them the opportunities to try with the right supports right, as I mentioned, my parents didn't believe, Sara was capable of living on her own. Until she was, you know, I didn't believe that she was, you know, five years ago that she was gonna be living on her own. But with the opportunities and then the openness to try and with the right support, Sarah has grown more than he ever imagined. Right and growth is available for your loved one, as well, right. Then there's the idea of like okay Eric I live in a different state or province or country, then you do, but this thinking applies no matter where you live in the world. Right. But we first need to learn about what's possible for a loved one living that awesome ordinary life and this is all about thinking right learning, and we need to make a plan around what's best for our loved one, and a plan that's best for our love and not the plan that the system has for our loved one, and we need to work towards implementing that plan. Right. And this is not dependent on our geography on your geography right we can really do this, wherever we live. So the other thing that might come up is independence right we talked a lot about independence as family members right so my loved ones not ready for independence or my loved ones not independent enough. Let me know in the chat, do you feel this way, do you feel this way sometimes that you know that my loved one baby's not ready for independence, but I want you to know that this is something we can take action on now in the pandemic in the pandemic right. So, are you open to doing a little bit of work with me on this independence piece, let me know in the chat if you're open to doing a bit of work with me on the independence, thinking okay no one said no yet is a good thing. So, you know, as Super mom or super dad or super failure number we can tend to do everything for our family member that disability right and I'm not faulting anybody I'm not faulting you

because we do this on autopilot, sometimes we don't even notice for doing it, and it leads us to feeling our that our family member with a disability isn't capable of more independence, which impacts our loved ones confidence and motivation. And I bet here today. We've got a roomful of 277. Super moms super dad super sibling super grandparents, super family members, right, let me know in the chat if you're feeling like a super, super mom or super dad. Right. I know there's a ton of you in here. I know there's a ton of you in here. And I know you all have good good intentions, but we take a lot on, right, we take a lot on. And, you know, I see, sadness, tired. Yeah, tired. Who's tired. Right. So there's this quote that really resonates with me and it might resonate with you as well and it comes from. Connie Lyle O'Brian. Who does this does similar work to, to me, but she's been doing it for a really long time. And she says that it's not about letting go. It's about letting grow. So it's not about letting our family member, go. It's about letting our family member, grow. Right, who does that resonate with you. Let me know if this quote resonates with you, or if it helps me shift your mindset a little bit right it's about letting our loved one grow not about letting them go, and in tomorrow's session, tomorrow's workshop, you're going to hear from Angie and John Angie is John's mom and Angie is going to share with us, what's possible. And what John has achieved and his independence and his growth, just because Angie changed her mindset. Right. So, what would it feel like for your loved one to be making more of their own decisions to maybe do more in the community on their own or with the right level of support, and to let you know that everything's good. Maybe to be doing a bit more of their own self care. Right. If we take it a little bit further. What if they had more long term friends, right. What if they maybe had a paying job. What if they maybe had a home that they could call their own right. What if they were pursuing a life that they loved. Right. So, I want to share this with you because I think it applies to all of our families so this little. I guess it's a cartoon applies to the concept of learned helplessness. Many of you have probably heard of learned helplessness before, right, many of you have probably heard of learned helplessness before. But in the top of this picture, we've got the baby elephant, right, and the baby elephant when it's small, is chained to the stick and the baby elephant learns. This is as far as I can go. This is as far as I can go, then the baby grows the baby elephant grows up, 10 years later. Right. 10 year old elephant massive could easily rip that steak, out of the ground. But in the elephant's mind. It says I wish I didn't have to stay stuck to this steak. Right. And this similarly happens with our loved one. Right. So we learn that our loved ones learn that they can't do something, or this is as far as they can go. This is the edge of my capability. I can't go any further, and maybe it's because just somebody's always done it for me. Or maybe it's because I've been told that I can't do it. Right. And when I think about my family. Right. The fear of Sarah failing led to the resulting codependency cycle that happened in my family for 30 years, and we had to break that cycle. And the only way to make progress is to break through it, or break off that chain right to break that chain, and the chain is a metaphor right it wasn't obviously not talking

about a real chain but to help my sister break free of that learned helplessness now mindset. And the thing is, when we think about it, like, how do we really know what a person is capable of doing. How do we know what our loved ones capable of. How do we know what their potential is, I've been amazed at the things my sister is doing that my family never thought possible. doing her laundry, making meals, doing dishes, volunteering, living in a home she calls her own being a pet owner. And this story is not isolated to my sister this story is true, time and time again with the families that I work with and that I coach. Right, people with developmental disabilities are underestimated society underestimates them, and low expectations are put on them, and we also adopt them so I'm not faulting anybody, but people with developmental disabilities are given the opportunity to exceed what, maybe other people thought was possible. So despite our best intentions sometimes we get in the way of our loved ones growth, but to this I know two things, right. So, you're likely a super mom or dad or sibling or super family member, and you're doing the absolute best right and you've always been trying to do the absolute best and you are good enough. Right, and you've done your absolute best with what you have. But with the right guidance and support and by taking the right action, you can reach your vision at the top of the mountain. Right, and I'm here to share with you what I've learned to help you make that easier and faster. Right. And we can do that by taking small steps forward. Right. And with the Bicol contributing adult rule so let me, let me take a minute to, to explain it for a minute so the contributing adult rule so helpful way that I've found to share this with families, is to think about in our home. If our especially our family members living with us with a developmental disability. What would things look like if we were all roommates. Think about that perspective for a moment. What would things look like if everyone in our home, were roommates. We'd probably be contributing far more equally. We would probably be contributing far more equally. And during the pandemic, there has been this silver lining. For many families to support their loved one to build their capability, at home, whether it's with self care or a whole bunch of other things, right but does this perspective shift in terms of thinking about our household if everybody was roommates. Is that helping you shift your thinking is that it's definitely a different way of thinking. Right. But how can our loved one contribute at home. This is something we can work on. Well, maybe not tonight depending on where you live. I know we had, I forget her I forget their name but someone from Poland so it's got to be getting on 3am in the morning. And I'm not sure what time it is in New Zealand right now. I think it's maybe in the afternoon, but. So if you're in New Zealand maybe you can action this today. So maybe tomorrow, right. How could this look in our home what are the conversations maybe we could have. Right. So, how can we contribute more equally in our homes, what is the opportunity right what is the opportunity for growth in our home so it could be around cooking or cleaning or laundry or could be around connection connection right there's another kind of silver lining people learning technology and learning how to connect with other people so I want you to think about that, what could the opportunity,

be what could the opportunity, be. And if we think about at home that's a great place to start because it's accessible. It's accessible right now. Right, so maybe your loved ones already growing their capability you've been working on this during the pandemic we were working on for five years but with you what's that next little step, maybe what's that next opportunity. So I want you to take a minute I actually want you to write this down. What is that next opportunity. What is that next opportunity. What is that next opportunity. And then, I want you to think about. Once you identify maybe that next opportunity. What could be the next small step. What could be the next small step. So, if you think if you're thinking, let's, let's pick an example. Okay, so let's let's say I see a laundry here, so laundry is one of the first things that I saw from magnets so the opportunities for our loved one to learn how to do the laundry. Okay. So, we need to think about it in small steps because if we're just like, Listen, you're doing the laundry today. That's not gonna go well, who's tried that. I think even like with my mom, she said, when I was living at home with her I was so I had learned helplessness. And if she had asked me to do laundry I would have been like, really I don't know what to do. So, we need to think about small steps right and I want to talk about the Goldilocks principle here from, I learned it from an author named James clear so I want to walk us through that. But it's thinking about what are all the steps with laundry. Right. And there's many steps to laundry so think about the opportunity, and I'm going to switch back over to the flip chart here. And I'm going to teach you the Goldilocks principle, and many families have found this helpful. Okay, so the Goldilocks principle. And this is really about breaking things down into small steps, or the right size. Step. Okay. So, I know this isn't a very pretty mountain but pretend it's the mountain that we had on the last page. Okay, so we have you know this awesome ordinary life. So, I learned this principle from James clear I'm going to add some stuff on top of it. But if you want to more learn more about James clear specific methodology teachings on it you can google Goldilocks principle James clear. So, right, we're, we're at the bottom of this mountain. Right. And we're sad because we're looking up at this mountain, and it feels impossible. Right. We're not a trained professional mountain climber. I don't know how to climb that I feel defeated, so I'm not even going to start. Right. So that's on one end of the spectrum. And you're going to see why this is called the Goldilocks principle in a moment. Okay. Now if we go to the other end of the spectrum, instead of a mountain, we have a little Knoll, which feels more like a speed bump. And again, we're not very happy because we're not challenged. We're like that's too easy like I'm not motivated because I'm not learning like, I don't need more of those things to do. right like it's demotivating and something's just kind of way too easy. So, what we're looking for is the right sized Hill, the right sized challenge. Okay. And when we have the right size challenge. We're actually much more motivated. Right. So, if we just take that example of the laundry. Okay, we take the example of the laundry. Let's say I've never done the laundry before your loved ones never done the laundry before. It feels like Mount Everest. Right. So how do we scale it down to the right sized Hill. Maybe the right

sized Hill, to start with, is separating the whites in the colors. Right. And maybe that's the right sized Hill. To start with, right, and maybe that's where you start with for a day or a week. Maybe that's the right starting point. And then once you once you climb that hill. Once you're up there, you're like okay, like, I can climb this hill pretty easily like separating the laundry yeah I got that down. What's the next small, what's the next right sized Hill. Well, the next right size Hill was maybe taking the laundry, taking it to the washing machine putting it in the washing washing machine and putting the detergent on in and turning it on right maybe those three steps can be bunched into one maybe not maybe you got to maybe each one of those is a small hill. Right. So it's figuring out the right size Hill, for the person right Goldilocks right like. Not too, not too hot, not too cold just right or not too hard, not too soft just right, right. So, there's some positive psychology around this and I'm not sure if it's helpful for you or not if you're maybe an analytical person this might resonate with you. But in terms of the right size challenge. We want to pick a hill. We want to pick a challenge. That's maybe only 4% harder than what a person thinks that they can actually do. So just a little nudge past, where the person thinks they are. Because if we go more than that, it starts to feel more like the mountain starts to feel demotivating. If it's less than that we're not super motivated. So, around 4% just a little nudge, a little step forward right and the more you hang around me, the more you'll hear me talk about small steps and we really celebrate those small steps and empowering ability, but they stack up. Right. So we've learned to separate the laundry, then we learn to put the laundry in, then we learn to turn the put the detergent in and turn the machine on. Then we learn to dry our clothes, take them out and put them in the dryer. Right, so we're going to stack those wins. And over time, right, and it might take quite a while but we're gonna start, we're gonna start climbing this mountain. Right. But we need to break it down into the right sized challenges. Let me know in the chat, is it helpful is this is this model. This Goldilocks principle is it helpful to think about how to approach the opportunity that you've written down. Awesome. I'm seeing very helpful in the chat. Okay, come back down here. Okay, so it's all about that right sized Hill. Right, right sized Hill. So, I want you to write down that next step, write down that next step. Okay. So, what is the next step you're going to take what is that next 4%. Step. What is that next 4% step. I want you to know. Actually, let me circle back here. Yeah, we're gonna we're gonna keep going, I'm just keeping an eye on the time here so I want you to commit to taking that step forward. Okay, I want you to commit to taking that step forward. So, whatever you need to do if you need to write that in your calendar. If you've got a day planner, write it in there. If you want to put a sticky note and put it on your computer or your. If you need to send yourself an email. If you need to put the sticky note on the fridge. Right, it'll increase the chances that you actually do it and I want you to know that you can do this right we're standing at the bottom of this mountain, there's all these barriers in the way, but remember if we're going to use your supermom powers, we're just going to transform them are super dad powers or super family empires just going to transform them a little

bit. And you're going to be taking these small steps, moving forward. Okay. And I want you to remember, I've got you. I've got you. Right. So you you're taking the leap. Okay, you've taken the leap. I got you, we're gonna continue to take small steps forward. Right. and sometimes you can come up like Eric, you know what, like, I don't feel like I'm good enough, I can't do this. I want you to know you can do this. I want you to know, you can do this so who's with me, I want you to write. Yes, I can. in the chat, I want you to write Yes, I can. in the chat. Yes, I can. Yes you can, you can do it. You've got this you can take the small step. You can take the small step. Yes, I can. Yes we can. I love that. Amazing. Amazing. So, I'd love to know what is your biggest takeaway from tonight. So before we go, I want you to write this down for yourself. Write down what your biggest takeaway is what your biggest insight is write it down for yourself first, because you're not going to have the chat. So, write it down for yourself first. Write it down for yourself first. And then you can share it in the chat. I love it Lisa in all caps, starting amazing Lisa amazing Lucille. So, I see you Lucille not taking the special needs path but tell me what path you're taking. Right, so you're not taking that path, what path Are you taking Lucille Jennifer mini goal small steps small steps. J do break the chains of break that learned helplessness, Sammy the Goldilocks 4%, Rhonda, it is possible. I love it. Small steps, being able to start. Don't get overwhelmed by the end game. I love that tiny little bit at a time, having a vision right starts with vision and the vision. Being principled around thinking, ordinary right that's really really key. Because if we don't, we're gonna end up on that special needs path. And it takes learning, right, learning, super super important and you all took that step. Today, towards learning. Right, amazing amazing amazing so let's see, keep sharing in the chat. I would also love it. If you shared in on the all access page. So who's checked out the all access page for the workshop, so far. Many of you have many of you have said hi. I would love you to share your biggest takeaway on the all access page so that we can kind of see it going forward. So, if you can help. Help me out here, Emily. You've got the maybe the link to the All Access page in our shared document. There we go, in the chat I want you to click on that link, I want you to go to the All Access page. And I want you I'll share my screen because I want to, if you haven't been there yet. I want to briefly show you what it looks like. So here's the all access page. I want you to go here quickly. And I want you to type a comment, and share what your biggest takeaway is from tonight's live workshop. So if you can keep sharing that link, Emily that's helpful for people go to that link and share in the comments write a quick comment around, say my biggest takeaway from workshop number one is, and write it down. And love to celebrate what you're taking away what your wins are from tonight's workshop there so go ahead and share on the all access page. Awesome, appreciate you doing awesome and that all access page, that's where your recordings are going to be so this recording is going to go there. I'll add some bonuses as we go along. So that's kind of your, your hub for all things the life plan workshop so I'm also going to do my best job to respond to as many comments as I can. There's been a ton of comments so it's been hard to keep up. Quite honestly, but keep

sharing there I'm going to do my best to respond. Personally, okay so that all access page, the links right there j Duke. That's your hub for everything for this life plan workshop and it's going to be available for about the next week. So you're gonna have the recordings for these live workshops, you're going to be able to share your kind of comments, so it's a great place to, to be okay so you want, you definitely want to save that link for the all access page, definitely want to save it. Okay, so I want to know from you. What small steps you took forward today, are these last almost two hours that we're coming up on. I want you to. If you've got the workbook, you can check these off, who loves to who loves to check off a to do list who loves checking off a to do list, I love checking off to do lists. So, this was like my to do list in terms of what I wanted to deliver and teach and share with you tonight. So, I want to know how many of these milestones, you completed, you've checked off. So, each one give yourself a point. Okay, so I learned about the essential step of creating an awesome ordinary life vision. If you feel you check that off you'll learn about it. Give yourself a check. I wrote down some visionary ideas slash a first draft a messy first draft of an awesome ordinary life vision. If you wrote down a couple of ideas, give yourself a check. I learned how I can work with my loved one to grow their independence. So if you feel he did that, give yourself a check. I planned an action step to support my loved one to grow their independence right so that actual. You know what is my next step. If you wrote down an idea of what your next step is, give yourself a check. I connected with other families and I'm feeling less alone So, either in the breakout room or in the chat. Give yourself a check so I love to know how many of these milestones Did you complete Did you get one. Did you get 2345. Awesome Sammy got three Susan got 245 Kathy, Kathy three, all of them. So, even if you got one. That's a small step forward, that might have been that right size Hill for you over these last two hours. Right. So you've got one that's small step one small step forward. That is amazing. Virtual high five. I like giving virtual high fives we celebrate wins so I'm celebrating these wins with you right now, you took you know I'm seeing, you know, two to five steps forward, everybody here so far, just one step forward I'm celebrating you you showed up tonight I'm celebrating you I'm gonna give you one for showing up like it takes courage to show up for this at the beginning we talked about the amount of overwhelm when even thinking about this topic, this idea right so amazing, amazing amazing amazing. You've taken steps forward, right. So, what you learned today, what you've learned here today is a strategy to think differently about how to support your loved one to create an awesome ordinary life. It's really a game changer, and helping you think about a life. Maybe beyond what you previously believed was possible. And what you're learning in this workshop series puts you on the right path to get there puts you on the awesome ordinary life path. But the question is how do we create that vision, and how do we fill out that vision that helps our loved one live, live into that awesome ordinary life, they're just, there's so much to consider. There's so much to consider right. So, that's what the next workshop is going to be so tomorrow, so I'm going to show you the entire pathway that I've discovered that

successfully help families to build an awesome ordinary life with their loved one to make progress easier and faster, and to give families peace of mind that their loved one can have people in their lives over the long term. And this pathway that I've created is called the empowering ability blueprint, and it builds on everything we talked about in this session. It covers the seven essential elements of creating an awesome ordinary life with your loved one. So it's going to be super valuable. And you're going to walk away with so much clarity on just on how everything just fits in together, and you're going to see the most important areas for you to look after and look at right now and learn about right and start planning on. So, if you're just starting future planning, this is going to give you the exact track to run on, right, and it's going to help you build in really that awesome positive plan, and that life that awesome ordinary life for your loved one, and an awesome life for your family as well. So, if your family has a plan already, then you're going to learn how you can take that plan to the next level. right with these awesome ordinary life ideas how you can amplify it, and how you can continue maybe the momentum you already have. Plus, I'm going to help you look at maybe a few things that are holding you back so we talked a little bit about the mindset stuff. I'm going to dive in deeper into the mindset stuff tomorrow. So, I'm going to even include a PDF bonus just like I did for tonight but tomorrow night is going to be that entire pathway. So I'm going to give you that entire pathway tomorrow night that you can use as a roadmap to make progress but you've got to join us tomorrow night or whatever that is in 7pm. Eastern Time. February 25 wherever that converts to wherever you are in the world. So this next workshop, all about converting or equipping you should stay for long term success and looking at that big picture strategy and making the progress that you're after. But for now I just want to leave you with this. So, just by learning what we covered today. You're one step closer, or two steps closer or five steps closer to that ultimate goal. Right. And so, to support your loved one with a developmental disability to have their own awesome ordinary life. And you and I know it's so much more than that because it really means. Seeing the confidence level in your loved one rise and watching them grow right it's about love, it's about letting go, it's not about letting our loved one go. It's about letting our love them grow. Right. And over time, with intention, it means that you're easing the feeling the looming feeling of responsibility on maybe other family members or other adult children that you might have. Right, as a sibling, I understand that looming feeling that was there. And you're creating a safety net of loving and trusting relationships that are going to be there for your loved one when supermom or super dad, super family member, can't be right. Even maybe having more freedom in your life, so that you can take up maybe a hobby or, you know how I was gonna say vacation but I don't think many of us are taking vacations right now maybe it depends on where you are in the world, and Canada where I am. We're not taking vacations right now. So, you know, take what you learned here today, and start putting it into practice and the key is to get moving to take that small step to take that contributing adult challenge or that that action that I was talking about in terms of the

perspective of roommates and being that contributing adult in your home. And that's just one step that's going to take you towards where you want to be right. So, you'll want to be there. I'm excited just knowing what a difference, it's going to make, thank you for being here. I can't wait to see you tomorrow at 7pm for part two of the life plan, workshop. For those of you that have to leave I know we've been here almost two hours, some of you longer so I appreciate you being here so so much. If you got it. If you got to leave, then that's okay, I totally understand. I'm gonna stick around for 10 or 15 minutes and really try and answer all the questions that I have that you have. I don't know if I'll be able to get to all of them but we'll see how many we can get to in 10 or 15 minutes. And if you found this workshop session helpful if you found it helpful. And you know other families that would benefit from them. I encourage you to share the registration page with them. So Emily if you can drop the registration page link in the chat for me, that'd be awesome. But you can share the registration page link with other families that you think would benefit, and they'll get this recording, and then they can join us tomorrow. Maybe so. So share this workshop if you know other families that would, would benefit So Emily, I'm going to welcome you back on. Now, if we, if I could.



2:21:23

Well,



Eric Goll 2:21:24

hi Emily How are you,



Emily 2:21:26

I'm well I'm well I'm just my zoom is actually lagging a little bit I think just because so many people are writing in the chat which is great to see so I'm trying really hard to like get all the links and get all the information up there.



Eric Goll 2:21:42

Yeah, it's all good. It's all good the chat has been busy I love the energy that everybody's bringing so I know lots of questions have come up along the way tonight. Is there any common themes in terms of questions that have that have come up that that I can answer.



2:21:58

Yeah, let me just grab my notes here, I pulled a few from this and if you have



Eric Goll 2:22:04

if you have a question, drop it in the chat, the chat is a great place for questions. So thank you everyone that saying thank you in the chat, I love it. Yeah, for sure, Leslie you can share as well. Leslie Are you, are you a family member or your paid supporter so this workshop specifically for families, right. So, I see paid supporters trying to sneak in here because they want to learn how to best support us. However, my intention is to create a safe space for families in this workshop maybe I'll do another workshop for supporters, where families don't feel vulnerable. Okay. So, if, if you want to invite paid supporters in my recommendation would be no and maybe I'll, I'll do a paid supporter workshop. If you're inviting families in. Yes. So, this is really a safe sacred place for for families.



Emily 2:23:03

I'm just seeing Leslie's response there actually looks like she's a teacher,



Eric Goll 2:23:08

a teacher. Okay, cool. So, yeah, if there's families, again, Lizzie if there's families go ahead and share. Okay, Emily. What other questions you got.



Emily 2:23:20

Yeah. Um, so, one that came up quite a bit that I'm sure you've received before is a few folks would like to know why you use the word ordinary when describing an awesome ordinary life. So, that that's one that came up a couple times and Linda mentioned that she sees it like our daughter will live her life just as our son does.



Eric Goll 2:23:46

Yeah, for sure. So if you have a. Okay, so let me answer the first part the question why ordinary because ordinary gets us out of the special. So, one of my mentors, Lorna Sullivan, and if we have any folks here from New Zealand, representing Lorna Sullivan's from New Zealand has lived there her whole life grew up there, and does a lot of great, great work for for families that have a level of disability in New Zealand so I named Lorna

Sullivan, one of her key things that that I embody from the, from her teaching is everything ordinary before the special. So, everything ordinary before the special. And that thinking keeps us on the. I call it the awesome ordinary life, but on keeps us thinking about what would be best for the individual what's best for your loved one versus what is the disability solution that's often offered by a service provider, that is, tried to it's created for the masses, because of those special needs, offerings that group, people together under the guise under the idea that it's saving money or saving costs which is really, it's really not. But in those group settings. It's not individualized at all so it can't be there to help support your loved ones needs and it can't be your loved one can't get what they need because their needs are not going to be supported. Right, so that kind of second part that you that you shared around. I forget the person's name but sharing, well I just think about it in terms of my neurotypical son, or neurotypical other child. Right. And if we use that as the benchmark, again it pulls us out of the special, and it pulls us into thinking about what are the kind of typical opportunities in our community, that might be available for our loved one and it gets us thinking big, it gives us thinking much bigger than we would have thought previously. Right, so it. If we just think about what would be good, or what would be great. We still we still aren't breaking free of the special needs option. So, thinking, ordinary thinking about somebody of a similar age, that would be maybe neuro typical in our society or in our community breaks us out of the special. And we can start thinking about what would be absolutely best in for the, for the individual.



2:26:45

Right. That's awesome.



Eric Goll 2:26:47

That's helpful for folks.



2:26:48

Cool. Thanks Eric.



2:26:50

Um,



Emily 2:26:53

yeah, let's see here. So another question that came up. This one came up a few times. And I unfortunately didn't grab the person's name before it disappeared in the chat. But a few folks mentioned I have trouble trusting others with my loved one. What would you say to someone who is struggling with that.



Eric Goll 2:27:18

Yeah. So, that's a that's a common one, right, because and there's, there's a lot in that because often. We've experienced trauma. So, either our loved one has maybe had some sort of discrimination, or maybe abuse or some sort of traumatic situation or maybe we've been witness to that maybe we've experienced that ourselves. So, so that's that's real right and then it if we've experienced some sort of trauma, the question comes up like how do I how do I then trust others. So I think it's, you know, the answer is it depends. But if we're thinking about, you know, getting some paid support are being paid support in and what's the process we have around in ensuring that we've got a process to do our due diligence around bringing that person in and maybe how can we do it slowly in safe environments, maybe where there's another set of eyes or maybe multiple sets of eyes to observe the situation what's going on and slowly build trust that way. I think the other piece, though, is around. Non paid relationships. And the thing that we struggle with as families. You know, maybe we call it, struggling to trust people but the challenge we have is actually inviting people in. Because, because of maybe some of the rejection, that we've experienced in the past, and maybe others aren't sure how to communicate with our loved one. So, how do we invite other people in is a whole kind of other topic area, which probably takes me 10 minutes to to go into but I won't go too deep into that Emily but just thinking about what are some simple ways that we can invite invite other people and maybe it's to just send text messages to start, or maybe for a group phone chat or for a distance to walk. Right. And thinking about maybe who those people could be and slowly building relationships, over time. So yeah, so there's a couple some food for thought.



2:29:48

Awesome. That's great.



2:29:50

Um,



Emily 2:29:53

I see this one actually coming up from Wendy here and I know Wendy that you had, I had grabbed that question from the chat before. So, Wendy is wondering and maybe some other folks on the call are wondering as well. If your loved one isn't maintaining regular contact. How, how do you go about starting a life plan, or maybe what are some steps we can do in the meantime to sort of start that process if that contact isn't there



Eric Goll 2:30:26

so windy, your loved ones not maintaining contact with you is that the



Emily 2:30:33

yeah that's what it's. That's what I'm seeing there in the, in the chat so I think the the question is sort of around, you know if the loved one is in contact with with your family, how do we sort of what are some steps we can take and maybe even, like you said those small steps that we can do in the meantime before we kind of start that like planning process.



Eric Goll 2:30:59

Yeah, so, I don't. Again, I think when do you know your loved one. Best, so I always default to to that. But I think just starting to think about how you can open up, communication, and thinking about, you know, bringing up the conversation of a life plan and doing that type of thinking. I don't know many situations where that would be a good place to start. So, it might be thinking about. Where's the some common ground. Where is some harmony. Where is a common interest, that we can pick up a conversation. And slowly build that conversation in that, in that trust back would be would be maybe where, where I would think about starting. And then it might take two months or it might take six months or it might take a year, I don't know, to maybe approach that conversation. Right, or I see Wendy here in the chat. Maybe there's influence through another person right so the aunt. Right, so maybe there's opportunity to influence the aunt to maybe be a bridge to a conversation or maybe the aunt is able to bring up the conversation of life planet there's a strong relationship there. Awesome, so maybe one more question. Yeah, Emily and then



Emily 2:32:36

there's been a couple of questions that have come up around housing, and this one kind

of captures a lot of what everyone who's mentioned that is asking so Louise had said, what are some of the main things that have helped the families you've worked with realize a vision for housing for their loved one.



Eric Goll 2:32:59

Yeah. So it's a good question. So thank you, Louise. So I think with housing often, we start to think about how often we get pulled into affordability, and then we get stopped. So I don't want I don't want us to do that. I want us to think about the vision piece. Think about what would be best. And then we can start thinking about the how and how we kind of pull that together or piece it together. But the experience that many, you know, I'm not going to stereotype but I want to share a pattern that I see is. Many people with a developmental disability. There's two things. If they're living with mom or dad they're often comfortable. Right, because, as I used to describe my mom and dad's before the crisis happened in 2015, it was like the Four Seasons for my sister, like, everything was done for her, she didn't have to lift a finger. And that was part of her learned helplessness. But, you know, she had it pretty good, like she didn't really have much interest in. In, kind of leaving and kind of doing our own thing and growing. So, so that's kind of something that I see, but because of that, there's really a lack of maybe perspective, around what having your own home. Could be. So a person might not know what it would look like to live in an apartment or a condo or a home or with a roommate. It can be really hard to understand what what's available when we've never experienced it. So one thing that's been helpful for families is conversation. So for people to share their perspectives there. So, you know, it could be mom and dad so to start off with or a sibling or a close family friend to share what their experience was moving at a mom and dads for the first time. And you know what were the great things What did they love Where did they move to. And what did their place look like who did they live with. But to get like conversation is a great place to start to start to get more perspective, around. What are the potential opportunities. So that's a that's a good starting place and the thing. The thing about that as a starting place is it's available right now. Right, even with COVID. You can take that step. So. Awesome. Awesome. So thank you for those questions everyone, and I'm sure there's more questions out there. If your question didn't get answered, feel free to put it on the all access page and Emily if you can put the all access page link again in the chat. That'd be great. So go ahead, and if I didn't answer your question, put it on the all access page, I can't promise that I'm going to get through it depends how many questions we get there, but I'll do my best to get in there and answer your questions. I appreciate you all being here, and come join us for a session to session two is going to be awesome, super valuable some of the most Iowa training that I do. So you don't want to miss it, and being here live, you get the bonus workbook, and I've got a special bonus tomorrow too, so you don't want to miss out on the surprise bonus that's coming tomorrow so thank you for being

here. And I appreciate you have a beautiful evening, rest of your day, wherever you're at, appreciate you being here and on that all access page in the comments, share your biggest takeaway from tonight, even share your action, I would love it if you shared, if you wrote down an action share your action that you're going to take on the all access page so thanks so much for being here, and I'll catch you all tomorrow. Okay. Ciao. Thanks, everyone.



2:37:04

Thanks everybody.



Eric Goll 2:37:05

Okay. See you tomorrow. Bye.