

Free Life-Plan Workshop Part 2: The Life-Plan Blueprint

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SPEAKERS

Eric Goll



Eric Goll 03:58

So welcome, super happy that you have joined us here, and tonight we're gonna be talking about this model that I've uncovered and it's really a pathway forward that I think is going to be really really helpful for your family right a step by step process. I think so many times you're just trying to piece it together right we're trying to piece together the, you know, from a free resource we found here, you know something maybe a local Association shares, maybe a family meeting that we go to, we're trying to kind of pull these things together and it's like, well, they don't fit too well and I don't know what my next step is. So, I want to lay out a pathway and and really a step by step process that I guide families through so that's the main, main thing we're gonna do tonight we're also gonna, I'm going to ask you to roll up your sleeves with me here and do a little bit of work. So I'm excited for that and Emily I noticed in the chat. I felt like people were like ready to reach out through the screen and like grab the workbook, if they could. I see Meg, Megan in the chat right now she's like, Where's the workbook,



38:07

I got it.



Eric Goll 38:09

Yeah, let's get the workbook out there and do you guys appreciate the workbooks like are the workbooks helpful. I think this workbook is going to be super super helpful. Okay. I don't want you to get stuck in the workbook though. Okay. Like, it's gonna be really valuable you can go back and read through it afterward like this is a huge workbook that I'm giving you I think it's 19 pages. So super valuable workbook, take notes on it, but stay, try and stay with me here don't get stuck reading the workbook right now cuz you can go back to that. Stay with me here, stay, stay engaged with me stay engaged with the chat. And I think that'll be the best use of your time because I'm going to give you the kind of the 20% that's gonna get you 80% of the results. Okay. Cool. So, are we ready to do this. Are we ready to do this, let me know in the chat you're ready to go. You ready to do this. Let me know in the chat give me a. Give me a yes all right yeah who are gonna three yeses from data Yes Yes Yes. All right, let's do it. Let's do it. So, some just some quick housekeeping off false start almost, so this is a safe space. Okay, so this is a space designed for families. Okay, so it's not a space for, and I know some paid supporters snuck in here, I know people that support people developmental disabilities and families I know you're here. That's great. I love that you're here trying to learn but just remember this is a safe space for families and you can learn the content that I'm sharing but the purpose isn't for you to learn from other families in this safe space. Okay, there's a there's a live transcription with otter.ai, Emily mentioned that but on your screen if you see that red live button if you click that go to the second drop down and click on that, it'll open a screen it'll give you a transcription. Okay, so it'll give you the basically closed captioning and give you the words that I'm saying so that's a nice accessibility feature and helpful for some folks ask questions in the chat so Emily's helping me to kind of collect questions. And I'm going to come back to as many questions as I can. So ask your questions in the chat as we're going along, treat others with kindness and compassion. Okay, show up with courage and an open mind. And remember, there is the bonus workbook maybe Emily put that in the chat one more time. And we've got an here as a sibling, I love it and I don't know if you know this yet but I'm a sibling right so loved that other siblings are here, and supporting their, their sibling and their family so amazing. So, if we get the workbook in the chat, one more time. Thank you, Emily, and remember there's the the bonus to to surprise bonus giveaway, or to stay in bonus but two people are going to get it so at the end of the session today so I'm excited for that. Okay, so I've got a question for you, that I want you to think about. If you can change the way that you think, and as a result, it would help you make progress very quickly. Would you be able to commit to that. Let me know in the chat if you can change the way you think it would help you make progress. Is that something you could commit to. Right. So, see lots of yeses. So, this is where we're going in this session so I want you to come with me and dive into really a strategy for your family to make forward progress. Okay, so in this workshop I'm going to outline the exact

blueprint that you can use and use those supermom are super dad powers are super sibling powers super family member powers right to support your loved one with a disability and help them build their awesome ordinary life right a life with friendships a life that friendships that are always going to be there for them, right, helping your loved one have meaningful Days full of growth opportunities and making sure that they've got the right support to make it happen. Right. So I've seen lots of yeses I'm seeing, I'll give it a try, in the chat I love it so let's dive into it. And I just want to say like, Wow, you are amazing, right, like the the engagement that we have and the, the experience last night I think I saw Pam in the, in the notes, saying that she, like the experience was life changing for her last night, like, so if you were if you were here with us yesterday. Does that resonate resonate with anybody else agree with things that you learned yesterday that fundamentally have shifted or change the trajectory that you were on or the potential trajectory that you think you could be on right I'm seeing made me rethink some things for sure, gave me hope right hopes huge, right. So many important things, somewhat Peter, just a little nudge in in a different direction right or into different opportunities, five years from now, that could be a major shift. Right. So, if you're feeling just a little bit more hopeful. That's amazing, right so. So I love that you're here with me again tonight and excited to go through this with you. So, as you know, Emily mentioned I am the founder of empowering ability and the plan my future course, and I'm going to be inviting you into that a little bit later. And some of you have been asking like Eric How do I get into your course how do I register, how do I learn more about it so I'm going to tell you more about that later. And I'll give you all the insight. Okay. So for those of you who have been asking the details on that are coming I feel like it's kind of like the workbook right like Give me that. Give me the insights. So this is the second part of the workshop series. And the response has been awesome so far so if you were here last night, then, then you felt that, and the momentum I think that we're building is incredible. So, just from the last workshop, and if you didn't get it, you're going to get the replay right we're building momentum right so I feed off your energy so keep the energy going in the comments, and when you are engaged, it really helps me to give my best right and I try and go all out all the time right so thank you for your engagement. So in the first workshop and again if you missed it, you're gonna get the replay it okay, but we learned about the opportunity for our loved one to create their own awesome ordinary life, or to support our loved one to create their own awesome ordinary life right and you took the essential first step of starting to think about visionary ideas around an awesome ordinary life. We learned that it was not about letting go, but letting grow. Right, letting our loved one grow and helping to look for opportunities for our loved one to grow, and it was all about taking small action steps from your reflections like the small action steps seem to relate to the small action steps who does that resonate with. Let me know in the chat, the small action, action steps Was that your biggest takeaway last night for so many people that was a huge, huge takeaway. And if you were here with us last night. Do you feel like you've made a little bit of progress, who feels like they've,

they've started to make some progress already. Let me know in the chat maybe you took some action today, right, because we did design an action yesterday. So, do you feel like you've taken maybe a little step, or you've learned something that's going to help you. Nikki tried today, amazing. I love it. I'm sorry Nick, it's going so fast I didn't see you there was an eye on that or not, I think it was Nick, so amazing. So, again, it's this leap of faith. And I appreciate you being here right. It takes courage for you just to show up I applaud you. Because this is emotional work right it's hard work. And if you're here with me last night, this was kind of my the find that I was having but I got you. Okay, so don't worry. I'm here with you. And we've got our climbing gear we've got our climbing rope and you're not gonna fall, okay this is a safe space and and really here we're doing some thinking we're doing some learning, we're doing some planning, right. So, this is a space, I got you. Alright, so I appreciate your courage to be here. So, continuing to make progress, it might have been a while since you felt like your family or your loved one has made progress and I know COVID thrown a wrench into things as well. Or maybe it's been a while since you felt like you're getting any support to move forward or maybe you've never felt that way and I get it, my family had to figure it all out ourselves. Right. And it was slow and expensive and time consuming and I want to make it easier for you. I want to make it easier for your family easier for your loved one, right, maybe your son or daughter, or your loved one, or yourself if you're a self advocate, maybe you're nearing the end of high school, and you want the support to live into that adult life ordinary adult life, and you're not sure how to get started. Or maybe your loved one or yourself if you're a sad self advocate maybe you're in your 20s or maybe you know 30s, and you've been, maybe in some segregated programs those special needs programs, and maybe living at home with mom and dad with maybe little gross growth or progress being made and you want to create your own life, or maybe your family's a little bit older, and you're becoming more and more concerned about who's going to be there for your loved one. When you can no longer be, and I think that's all in the back of all of our minds. So we'll talk more about that today but, in today's workshop, I'm going to show you the seven powerful elements of the empowering ability blueprint, or pathway, when I guess there's really eight, because I'll explain it later. But, you know, this pathway has helped over 200 families that I've coached through the plan my future coaching program to guide them through it step by step by step and I'm going to give you the high level run through today so by the end of this workshop, you're gonna have so much clarity on your next steps forwards and you're gonna see just how everything fits in together. So, continuing to make progress towards an awesome ordinary life, right. So these are all families that I've worked with right we've got Cameron in the top corner here, I think Allison's here with us tonight So, and she was just celebrating this winter with us of Cameron really making his first salad and having the opportunity to to do that. We've got Sarah, not my Sarah but a client that I work with a family that I work with making her own lunches she's making family dinners three days a week. We've got Gabby here. Gabby being responsible dog

owner we've got Nick in the bottom corner with his vest on it. He's a tail Walker and his community walking group to make sure nobody gets left behind contributing his community. We've got Keith, a picture of him moving into his own home, which was incredible. So all of these families right that I've been working with have been working on building their awesome ordinary life, but it wasn't always like this for these families that I've coached it wasn't always like this for my family. And there's one more person on here that I that I want to talk maybe a little bit more about now want to introduce you to and that's John so John's got the apron on with the Kroger apron right where he got his first job at Kroger grocery store right so I want to introduce you to John and Angie I'm gonna share a short video here with you. Right. And the key here that I want you to kind of look out for is the key and making our vision come to life is really looking for those opportunities for our loved one to try. Right. You might think it's about letting your family member go but it's really about letting your family member, grow right and that was from Connie Lyle O'Brian. So, instead of telling you what's what's possible it's helpful to hear from other families, other and their experience instead of me just always trying to tell you right so let's let's play a short video here with Angie and John so I'm going to pull it up for us here. Just one second. There we go. And let me know in the chat just say, Good, or something like that to make sure you can fully hear from other families experience so my pleasure to introduce you to a family. I've worked with. Here's Angie and John



51:14

I'm Angie. I have done



51:19

to by myself to



51:24

get my head got a



51:28

I code to my crash.



51:34

A large focus of John's recent growth and when I say recent I mean just the last couple of weeks or months is in terms of empowering him to grow, not just to let him go. And what that means specifically for John I think is that we've been able to take some great action steps to help him achieve things that we never even thought were possible and John is owning it, and loving it and embracing it and taking it to heights that exceed our expectations so



52:06

it's been really great. I mean, the amount of independence and choices that he's able to make completely independently like



52:15

I usually have been taking him to the gym where he goes swimming and recently he said, Well, I'd really like to play basketball. When I'm done swimming and he's been so



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independent and appropriate and responsible and keeping in a lot of communication letting me know where he is, that he made it okay that he saved and where he's going to next. Just like any of the kids. He's better at it than some of the other kids



52:42

were even looking at transportation where he would go to work independently and come home we've been trialing that



52:49

with



52:51

different activities already where he goes completely independently gets dropped off does his thing like a man comes home and all by himself.



53:01

I think that our



53:05

part of our discussions that revolved around fear and helping us as a community look together, you know, what are we really concerned about, and to evaluate those fears together, allowed us to clear the path for our loved ones to move forward on together.



53:21

Wow.



Eric Goll 53:23

Wow. Right. I mean he put this video back down. What are you taking away from that short interview with John and Angie, what what what are you taking away. John is empowered. Yes, Marilyn tears growth. It works. Everything is possible. Everything is possible and awesome ordinary life is possible don't underestimate. Don't underestimate their a person's ability. Don't underestimate a person's capability. Right. Huge evaluating fears together. I hope your hope I hope we're open to doing that Sarah. I hope we're open to doing now we're going to talk a little bit about that everybody has the courage to do that right and John What an awesome guy. What an awesome guy so let me get back to my slides here. So I did that interview with John and Angela, just as they completed the plan my future coaching program so it was like three months after working with them and huge amount of change, so I'm not saying that those results are normal or are typical. Yeah, I did it Eric Right like super proud of himself, confident, right. So, John made a lot of progress in a short amount of time and it was just full buy in from John and his family. Right. But I just want to share a little bit of a follow up with you too, right so six months after starting to plan my future coaching program John got his and you can see the pictures up here so John got his first ever job at Kroger right which is a grocery store near where John lives in Illinois. And one of his goals was to save money to buy a new suit, right and he looks awesome. In his suit here to get a custom suit because just ones off the shelf don't fit him right so he looks like a million bucks and John Why did he want that new suit well for him it was part of like his, his confidence and his self image but he wants to get a job on the news like that's his dream, right, and he's like, I got to look the part. Right. Amazing, isn't it like, what a massive change what a massive transformation in just six months right and there's John doing a cooking lesson as well, right so John's created his

own life right and he's kind of broken away from that tagalong life with maybe mom or dad, right, and many families have shared this story as a moment of insight or a moment of hope and I hope that it's maybe that for you. Right. So, despite our best intentions, sometimes we just get in the way of our loved ones growth. So I want to know. Are you open to rolling up your sleeves with me, and doing a little bit of hard work. Are you open to doing a little bit of hard work with me here, see lots of yeses ready and willing. Alright let's let's do this. Let's do this. So I'm going to switch to the flip chart here. We got to minimize our slides. There we go. All right, let's do this. So, I'm going to try and see the chat because I want to be able to communicate with you, just hard because that a little bit of a distance, but let's do this. Okay. So there's this inner and outer model right I need to come up with a better name, but it describes what I need. I'm trying to describe to you quite well, I think, Okay, so we're gonna start on the outer side first right these are things outside of us, right. So, I'll give you some examples of what these outer things are so an outer outer thing could be a resource. It could be support. It could be some sort of model. It could be a strategy, or a best practice. Right. It could be a tool. Right, or it could be. Yeah, let's leave it at that. Right. So, does that kind of give you an idea what I'm talking about in terms of the essence of like the outer stuff. It's kind of like the stuff you can, you know like, you can go get a resource to learn from you can maybe try and access paid support, there's many different models of things for people with disabilities and we talked about those and often how they're not good at all, they're oppressive and they segregate people. There's best practices right that we can learn their strategies and there's tools but those are all outside of us that making sense that there's things that are outside of us. Let me know in the chat, that makes sense there's the stuff that's on the outside. If there's questions that are coming up on like Eric What are you talking about, Okay, looks like it makes sense so far. And then there's the inner stuff. Okay, so what's the inner stuff, the inner stuff is our beliefs, our values, our attitudes, our mindset. And our fears. Right. So, this is the stuff inside of our minds are inside of our heart inside of us. Now I want you to tell me. So far, where has when you're when you're thinking about the future for your loved one. Where has your focus been. Where has your focus been has it been mostly on the outer or mostly on the inner. Let me know where your focus has been has your focus mostly been on the outer like I got to go find a resource I got to go find a support, I got to make sure that I get, you know, the right will or trust in place, I gotta learn about housing right that's all outer, inner is like I got some fears I need to work through. Right I'm seeing a bit of both, but my guess is predominantly here. Right, predominantly on the outer, there's some people that are focusing on the inner right. But I think it's really important for us to realize, unless we do the work here. This doesn't really matter. The outer stuff doesn't really matter, unless we do the inner work. So we really need both. Okay, I'll use a different color here. We really need both. So we've got to find this intersection, and we got to do work on both, we got to do learning on both. We've got to work on ourselves too, because if we don't work on ourselves, no matter the best resource the best support, if we don't

work through our fears. If we don't work through, you know when we'll talk about what some of those are but if you don't work through those. We're not going to move forward. Is this making sense let me know if this is making sense. This is making sense. So we got to do both. Right. All right, both here. So, if you're with us yesterday so Mike examples of the outer stuff, right, we were creating. I'll use maybe a blue marker here we're creating a vision. Right. Right. So, like that's a best practice, we were talking about think ordinary right that's a strategy. We're talking about what else we talked about we talked about like independence and capability and some things around thinking around that right so I mean I think maybe there's a best practice and a strategy in there. Okay. But we need to we need to do some work here, too, right. So, you said you're open to rolling up your sleeves with me. So, so I don't know if I should actually roll my sleeves or not but. So, so let's do this. So, what are the. Let's go right to the heart of it. Let's go right to the heart of it. We're in a safe space. I know this is hard work. And I appreciate you being vulnerable and trusting me to have this conversation, but it's such an important conversation and sometimes you just don't know where to have it with. So, this is hopefully a safe space for you to think about it. So, fears, let me know in the chat, what are the fears that come up, taken advantage of. taken advantage of so safety I think that kind of goes under safety. I'm lonely. What happens when parents are gone. I'm just trying to see wines that are, that fit into different buckets than what we've already got up here. money. Think like around capability. Feel like I'm failing failure. Right. That's huge. If we feel like we're failing our loved one. And I want you to tell you to tell you right now, like, Can anyone else resonate. A little bit with with this one. Like, I think it's helpful for us to just acknowledge that. There's not just one person feeling like failure. Right, guilt, right, like, I think it's helpful for us to just acknowledge and maybe it gives us a little bit more self compassion, when we know that other people are feeling those same fears or same emotions as us. Right. Is it, is it helpful to see kind of other people sharing the same fears. Is it, is it a little helpful to just to see that. Okay, I'm not alone in how I am thinking or how I'm feeling. I'm not on this, you know, other planet, all on my own. Right, so, even just in this conversation we've started to do some of this inner work. Right. And we need to acknowledge some of these things like yeah they're, they're sitting there but we're gonna start to work through them. And there's some things that so as a coach, I try and help families to reframe things. So, if we reframe failure, how can we do that how can we reframe failure Well, there's a. It came from a guy named. I think his name is Bill Burnett, and there's another author of the book but it's called the books called designing your life. And they define failure as the building blocks of success, right if we're not failing, we're not learning. So, really, there's no, if you think about it, we're not failing we're learning. Okay, so if we try something and it doesn't work, it doesn't turn out how we expected it. Or maybe we didn't show up today the way that we really wanted to but yeah we put in the, in the effort, then it's just there's that's an. It's an opportunity to learn and adjust and keep moving forward, right. So, if we reframe failure as learning, right. So, if we can remove that word of failure and replace it with

learning or something wrong. Right then, then that can be really helpful shift for us in terms of getting starting to get past that fear. The other thing is, um, so I guess around, kind of these two right around the safety piece. So, you know, fear of being taken advantage of fear of safety. When we're really focusing on these two elements. Let's just call it safety right when we're what happens, what happens when we're really focused on safety. Let me know in the chat when we're really focused on safety. What's the outcome for our loved one, or fear over protective right when we're over protective. What happens when we're over protective isolation, lack of opportunities. We're too close cautious growth stops right so we need to recognize that, if, if we're not taking risks. Then, our loved one doesn't have the opportunity to grow doesn't have the opportunity to maybe do some of these things, or take, you know, get the opportunities of these things over here right on that outside stuff. So this is why it's so important for us to think through okay what are these fears what's the inner stuff that that I need to work through, so that my loved one can grow. Right affects your confidence I'm seeing in the chat there from Cindy right so safety. So, actually there's Angela who I'd heard this before but Angela that we just saw in the video there John's mom was in conversation with her and she actually brought this term up. And I think it's helpful for us and so some of you may have heard of this, but dignity of



1:09:31

risk



Eric Goll 1:09:35

dignity of risk. Does that resonate with anyone. Having the dignity of risk having the dignity of risk, what does that mean. Well, it's being able to take a little bit of risk and there's dignity in that right there's confidence that you can build from it. So when we're thinking about safety, maybe how can we give a person dignity of risk and how can we, how can we maybe manage that risk. Maybe there's low risk environments or there's some low hanging fruit here, where there's low risk environments where our loved one can experience some risk and get a lot of growth from it. Maybe it's low risk but there's a high growth opportunity. And there's probably lots of those that are available for us. Right, is this resonating is this resonating with you. Just resonating with you these ideas and these reframes are these reframes helpful. Right. There's no failure there's only learning, sort of safety thinking about the dignity of risk. Right. And again, we need to like we've been so focused here, I almost want us to shift back. And, and there's a work we got to do here. Right. So, in, in the work that I do with families. We're doing both. And we're having conversations about both, because if we're not doing both then progress isn't going to

happen. And I think, I think that's why I've been. I was successful, supporting my mom and my dad to start to let my sister grow because I had lots of conversations about the inner stuff, but the families that I work with, in the plan my future coaching program. Really, it's the inner work that's where the progress is coming from. Right, yeah, we talk a ton about strategies and best practices and vision and think ordinary and we're building a plan and either is coaching to implement but where the, there's, there's often immediate gains to be had by doing work here. Immediate gains to be had by doing work here. And, like, it's not like we have to go out and find, you know, like, we don't have to go necessarily out and, you know, spend a ton of money to to get that progress, there's progress waiting for us inside of us, right. So, you know, because I support families to do this inner work which is super super important. And I feel like maybe I'm uniquely suited to do that because I have lived the family experience I'm living the family experience I've had many family experiences. And, you know, just a deep deep understanding of families and compassion for families as well. But then also having that deep understanding of the, The models and the best strategies and support structures and, and those types of things, right. So, so yeah so I've been able to support families really all over Canada, all over the US all over the world really New Zealand, Australia, to do this work. To do this, thinking, so. And I know we've got many of you from all over the place right now right you're doing this right now with me so. Has this been helpful. I know, I appreciate your vulnerability, I appreciate your vulnerability to do this, thinking with me and have an open mind. Right did anyone's mindset just shift a little bit. Are there any shifts that happened in the last 10 minutes. If anyone had any aha moments right your aha moment in the chat if you had an aha moment, write it in the chat. Okay, and come back down, down to here for a minute. All right, so let me. I'm gonna go right back to the flip chart, actually. Okay. So, I'm going to jump into I'm just going to jump straight into the empowering ability blueprint here, and I want to teach you this pathway forward so Emily if you can help me out here and put the workbook in the chat again. Just so folks have it. And again, I want you to focus here with me. Don't get caught up in the workbook. Okay, you can always go back to the workbook and read what's going on there later. Okay, we're gonna go, we're gonna try and do two markers here, I'll try not to mess it up. So grab that workbook, there's room to take notes in the workbook electronically, we'll try and save as much paper as we can. I know some people love printing. So, if that's you go ahead and print but if we can try and save paper that'd be awesome. Okay, so the EAA blueprint right so this is a pathway. Okay, so I want you to think about it as a pathway to walk down and it's structured in an ordered structured in this order for a reason. Okay. So you've got your workbooks. I'm gonna, I want a little bit of help from you here so step zero what is step zero in your workbook, what is step zero in your workbook let me know in the chat. What step zero is. Let me know in the chat, engage humans Silvia right on. Okay so engage this marker. That's okay. Okay, engage. So what is engage. Well, I love everybody here you see you feel pretty engaged to me. But, engaging is just starting. Right, it's if you're with us last night, or in the

first workshop or if you haven't yet you can always go back and watch the replay is, we're at the bottom of the mountain, and we're making a commitment to just taking a first step forward, right. It's just started. And the key here is, it's never going to feel like the right time. Until you're out of time. It's never going to feel like the right time to start until you feel like you don't have enough time. So, the right time to start is now. Okay, it's really never too early to start thinking. Right. And to start planning to start taking that step forward. So, engage is all about saying, you know what, Eric, I'm in. So, can we all take that step right now, let me know in the chat just be like, Eric, give me an Eric I'm in in the chat, because I think that's why it's step zero, because it doesn't start till here but we need to step past the past the finish the start line. Right, give me an I'm in in the chat or an Eric, I'm in. Awesome. Okay, So, we're in, we've started. Okay. What's the next step here, what is the next step. So step number one, connect. Okay and what's connect all about. So, connect is all about connecting with ourselves. Right, as a family member so as a mom or a dad or a sibling or a grandparent or a friend. I'm connecting with ourselves to understand ourselves to do some of that thinking that we just did. Right. So you started down this path on on Connect to really deeply understand ourselves, understand what we're good at what our strengths are. Right. But what am I really good at how can I leverage my strengths, right, because, because it's really important that we can look at our strengths, and then we want to look at our loved one strengths as well. Right, so the second part of Connect is connecting in with our loved one to make sure that we're stopping for a minute. And we're saying okay let's remember who exactly our loved one is who is what's their character what's their personality who really are they, because sometimes we're just in the day to day we get stuck in the weeds or we're deep in the forest. Right. And all we can see is the trees. So, we need to step back and just remind ourselves to our loved ones and have conversations with them but also, we want to connect with others, it can be super valuable to connect with other people that know your loved one well to get their perspective because other people know your loved one way differently than you do. Way differently. Right so doing that is super important right now we start to get like a 360 view of, who our loved one is our selves. Our family right and we get a clear picture before we jump into kind of the big or say big planning purposes but before we jump into thinking about vision. Okay, so I'm going to skip on it here I'm going to skip past two we're going to come back to it. But this inner circle, kind of the first go around is all about vision. Okay, so vision. So when we're thinking about vision, we're thinking about what would awesome ordinary life be AOL awesome ordinary life right so what would that ordinary life, vision, be in all of these other areas. Okay, so what we're doing is, we need to do, learning. And as we learn in parallel with learning, we're going to be planning. Okay, so we need to learn and plan we like two tracks we're going to run at the same time as we learn we're going to plan. Okay. And I guess maybe there's a third track we're going to kind of do some inner work along the way, right, because if we're not doing that inner work, then we're not gonna, we're not going to be able to make progress.

Okay, so we're creating a vision along the way, for all of these stops along the way. Okay, on this inner circle. So what's number two. What is, number two, let me know in the chat. What is number two capability. Thank you. Okay, capability is just another word for one of the favorite words that we use as family members, which is let me know Do you know in the chat what what's another word for capability that we use all the time you see me looking down here I'm looking at the chat so ability skills, not the one that starts with an eye independence. There we go. So, independence so when we're thinking about when we're talking when I'm talking about capability, talking about independence. Okay, so we're helping our loved one role. We're helping them grow their capability. Right, which if we've replaced capability we're helping them grow their independence right so capability also tied into self reliance, right, if we're investing in our loved ones capability. They're becoming more self reliant, and guess what that actually means that they might need maybe a little less support or paid support because they're more self reliant so we're going to talk about support later but, um, capability. And there's, like, when we do the inner work that often unlocks capability which is quite awesome right so we want to create really a vision. Around capability right and if you're with us yesterday we talked about learned helplessness and how do we break free of learned helplessness right it's going at the person's own pace, right and it's the it's the medium sized Hill right so you don't know what I'm talking about. You have to go back and watch the replay. But it's taking that next little small step, what's that next little small step. Right now we need to believe right we need to believe that our loved one can do it too. Okay, number three, what do we got for number three, let me know in a chat relationships. Okay, so relationships. I know one of the biggest questions that we all have is, who's going to be there for our loved one. When we can't be, maybe even if we're a self advocate we're like, I'm not sure who's gonna be there. If mom or dad isn't right. Some people might think that some people might not be thinking that but as family members we're definitely thinking about it, about our loved ones. I know especially moms and dads are thinking about this so what's the answer to that question. The answer is relationships, and as families, we've gone inward. And because of that safety piece, maybe we've kind of protected our loved one and we've haven't given them the opportunity maybe for relationships or the support for relationships so we need to be really intentional about relationships. So has anyone heard of the term like a personal support network, or there's types of personal supports that never so maybe you've heard of like a support circle or a circle of friends, or I know in like British Columbia there, there's a lot of conversation around microboards. That might be a term you might have heard of or a self directed support organization. So, sounds like some people have heard of that but so let me let me tell you what it is. So, a personal support network. Everyone has their own personal support network right you have one. I have one. When I think about mine. It's who's who are my kind of go to people. Right, it's another way to put it. My parents, my sister, my partner. A couple of best friends. A couple of mentors. Right, those would be my go to people, and I'm able to decently. I do an okay

job, I think, at managing those relationships and keeping in touch with those relationships and I've developed them over time. Right, so we need to translate that thinking for our loved one. So how can we be intentional about supporting our loved one to build out that personal support network. Right. So, that is really an important key important piece that we need to be thinking about to answer that big question, right, being really intentional about relationships and learning best practices and how to do that. Then we also need to think about relationships, relationships are so important to us because it's not only connection and, and well being and there's, I mean there's been studies that have showed that relationships are the biggest contributor to our happiness so obviously they're very important for that reason. But if we think about, you know, how did you get your first job, or how did you get any job. How did you go to your first concert. How did you. You know, I don't know, find your partner, or your girlfriend or your person you're married to relationships, relationships are where a lot of our opportunities come from. Right, so we need to be super intentional about relationships that making sense that we need to be really intentional about relationships learn some strategies like the personal support network on how to build intentional relationships. Is that is that making sense does that make sense on relationships. Okay, let's go to four what's number four, let me know in the chat contribution contribution. Hey, let me ask you this contribution. When you meet somebody for the first time. After you learn their name after they learn your name. What's the question they ask you when you meet somebody for the first time. Hi, I'm Eric. Hi, I'm see a net Hi I'm a net. What do you do, what do you do, what does that tell us, what does that tell us. We don't know this person. We're asking what they do. What does that tell us about human beings. We're defined for our jobs. We're defined by our value. Our rank, our hierarchy in society is determined by how we contribute. So, we need to be thinking about how we can support our loved one to contribute, how we can support our loved one to have more valued roles in their life, and in society. Right. If we think about it right now in terms of our loved one if they got asked that question what do you do with it, but they have an answer. Maybe, maybe not. But we can help them to over time and with intention to have an answer, and to have an even better answer. Over time, right so contribution might be paid employment, often you know we've had this put into our minds that people with developmental disabilities can't get paid employment but that's just not the case again that's an inner inner barrier, we need to work through. It can also mean, you know, community life, volunteering and community can mean exploring your interests in ordinary opportunities and contributing in that ordinary setting. It can also be taking the roles that you already have, like, a brother or a sister and becoming an even more valued brother or sister, right, like, there was a, you know, my sister. For example, She threw up a surprise birthday party for me. And that she'd never done that before. But that's something that sisters sometimes do. Do you think that I viewed her is more valued and at that point which is surprising me with a whole bunch of my friends. Yes, right. So, contribution is super important because that's how we can help a person be more valued

in society, and then that also connects back into relationships right these things are interconnected. They are inter connected. And we need to be thinking about it holistically right that this is really what help families, think about is helping families, think about this holistically, and it makes like going in this order, we're going in this order for a reason. A lot of the times we jumped down to number five, what's number five, let me know in the chat, what is number five home. Right. How many of you are focused here right now. I know a lot of New York's you told me that. Right, focused here. But have we maybe skipped some of these things here. Because when we think about home. We often we're jumping to housing. Okay. and I'm going to make the argument that home, home and housing are two different things. Home and housing are two different things. Housing is a physical building. What's a home. Let me ask you, what comes to mind for you. When I say home. Let me know in the chat. What comes to mind for you. When I say home, family, community safe place comfort, safety, living with my loved ones, belonging together. Right. These are all feelings. These are our home is a place where we feel like it's our own it's our stuff. It's, you know, we try and set up our home in a way that we like it that we have, you know, we have control over our home. We have control in terms of I wake up Saturday morning. I can go make a coffee in my underwear if I want, right that's home. Maybe not everybody's home, but but you get what I'm kind of going for here right and we can control who's coming in and out of our front door. Right, so we need to think about all of the elements of home. Not just the physical building yes the physical buildings part of it and that's important. But we need to start from a place of thinking about what would be the absolute best home for our loved one. It's not a group home. Right, a group home you don't have control over who's coming in and out of the front door. You probably can't walk to the kitchen, in your underwear and get a coffee. That probably wouldn't be accepted. They probably be against the rules. Right, your home you set the rules. Right people aren't setting the rules for you in your home. Maybe if you live with mom and dad or some roommates you have some shared rules. Or, I know. Okay. Sure mom and dad have some rules, I get it. But when we're thinking about home, right, we're thinking about, you know, what would be the best home for our loved one. Okay. And starting with a blank piece piece of paper. Right. I know we get stuck on the affordability, we get stuck on the affordability, I know it's a challenge. I know it's a challenge, but we need to start with what would be best for our loved one or what we think would be best. Because then we can advocate for that, then we can move in that direction, instead of accepting, quite frankly, the crap that is out there like group homes, don't get I don't, I won't go down this hole, but right so we want to create the best home for our loved one, right where you can be yourself. Exactly. Okay, what's next number six. Number six. Let me know in the chat. Eric's throwing up dollar signs. Let me know in the chat support and finances. Yes. Right. And we have this over here this is number six, because we need to do a bunch of learning and a bunch of planning, before we can really understand what the supports what the right amount so it's figuring out what the right amount of supports are, and when I'm

talking about supports I'm talking about paid supports what the right amount of paid supports are for our loved one and we really don't know that until we do a whole bunch of learning and thinking about all this stuff. Right. And so we need to think about the right level of supports, and I want us to be clear that paid supports is not the right job for everything. So I think all of us if I asked you the question Do you want more paid supports or more money for for paid supports the answer is probably going to be yes. However, I think often we use paid supports for the wrong things and I want to give you one concrete example. So, we use paid paid supports often becomes the friend. And that's the wrong use for paid supports Does anybody know why. Paid supports should not be the friend. Anyone in the chat, why paid support should not be the front I know this happens often. And some of you are going to disagree with me but Jen, Jen does. You're all nailing it here because paid supports leave and paid supports there because it's a transactional relationship. And they might act like a friend, which is wrong, because the person with the disability believes that they're a friend. And when that person leaves, they leave a hole, they leave trauma, who's experienced this. Let me know in the chat, who's either if you're a self advocate and you've experienced it, or you're a parent you've experienced it. Right, so sometimes, I mean, there's exceptions to the rule where paid supporters will stay connected and maybe there's a real friendship that develops, or has, you know has developed over time. I can make the argument I can have an afterword, right. So, the point I'm trying to make here is that paid support is not the Holy Grail. It's not. I don't know if that's the right word using this context but it's not should be shouldn't shouldn't be used for everything. And this is a key example. We also need to learn how we can maximize supports, how we can if we have paid supports how we can strategically invest paid supports, so we can grow our loved ones capability, so we can help them build natural relationships, so they can start to contribute and be seen as more valuable more valued rules. Right. So we can strategically use paid support to support these things to help our loved one grow, but without intention without learning. That doesn't happen what happens person comes over sits down with their loved one, and keeps them busy. Maybe they watch Netflix or if it's group support if it's a day program, you know maybe they'll watch a movie or they do arts and crafts together but real relationships aren't coming out of that real capabilities not coming out of that real contributions not coming out of that. So there's a lot that we can learn around paid supports and then finances like how do we also how do we start to think about, you know, what's the the budget that we start to need for this and where are the potential sources that we can start to draw that from. Right. And then thinking about like yeah obviously we need to get a will, in place and trusts and thinking about those things. Is this making sense is this thinking around supports making sense, let me know in the chat. Let me know in the chat if this is making sense. Awesome. So the last one is. Help me out here, the last one number seven. What is number seven. let me know in the chat awesomeness. So what's awesome is, well, all these other areas are pretty like strategic and super important, important life domains for our

loved one right but life isn't just about these things it's like well with relationships, maybe there's some fun things you want to do with those people in your life that you're in relationship with, you know, hobbies adventure travel at some point. Love spirituality culture. Right. All these things are important so whatever is kind of most important for your loved one, also creating a vision and awesome ordinary life vision for those things too. Right, we want to think about that as well. So, is it helpful to see how all of this ties in together and kind of the step by step process in thinking. Is it helpful to let me know, like, is this is this insightful, to have it all laid out like this. And the best thing is that I've learned that I can teach this and help families get results in this type of format and really it's applicable, no matter where you live right it's applicable, as supported families in the United States of supporting families across Canada and supporting families in Australia in New Zealand. So, this thinking is applicable right during the learning, doing the planning, doing the inner work strategically step by step by step. Right. The empowering ability blueprint, who loves the empowering ability blueprint. How valuable is that 19 page PDF that you have. How valuable is it. You love it who loves it who loves the model, and the thinking behind it. Let me know in the chat. All right, I need to take a drink of water here. coming back down here. Excited. Love it. Okay, I see somebody asking where do I find it so if you can just put the workbook in the chat again, Emily that'd be great. Okay. So, let me get my slides back up here. Okay, so we did a bunch of hard work. Learn the inner and outer model. We did the EA blueprint. So let's just do. Sorry, just let me catch up with my notes here. Okay, Emily's got that workbook in the chat for you, in case you need it. Okay, so let's just do a quick, quick, high level overview right so you'll learn the eight steps and the empowering ability blueprint right so engage, we have to commit and a bunch of you said you're in right you're taking that step forward and you're making this work, a priority. Right. So we're connecting with ourselves right we're connecting with our family member we're connecting with others. And we're starting to create this vision for an awesome ordinary life right across all the really key domains and our loved ones life including capability, relationships, right, and we went pretty deep on relationships contribution home supports and finances and awesomeness. Right. And thinking about creating that positive vision, awesome ordinary life doing a learning in each of those areas right and knowing how to make the vision reality. The vision, like, so getting that know how right is the only thing that's going to make that vision a reality and make this happen for your family. Right. So there's this quote that Laura Sullivan gave me one of my mentors and I did a podcast with her she's a leader out of a disability leader in New Zealand. And she said, holding a very strong vision for a positive meaningful and full life is not a trivial thing. If you don't hold this vision through the hard times, you'll get blown away when the wind is blowing. Right, who feels like the wind is blowing right now, or has been blowing, especially with the pandemic. My family's felt like that winds been blowing blowing. Right, blowing all the time says Silvana tornado is very strong when Hurricane winds, right. So, doesn't it feel good knowing what you should focus on, regardless of where you are in the

journey, doesn't it help to get that blueprint. Right. I see Dennis in the, in the chat here. You bet. So do you see how this clarity is going to help you create a meaningful life with your loved one, and future peace of mind for your family faster. Right. But even with everything I've shared it still might not be enough for you to move forward. And I mentioned time earlier, but this is really important because it's never going to feel like it's the right time. It's one of the biggest things that can hold us back from moving forward is time, like, ah, I'll get around to it later. Right, I don't too busy right now. But before we know it years are gonna have gone by 10 years have gone by, and it's gonna be way harder to help your loved one live into that awesome ordinary life because that learned helplessness that dependency has grown so much deeper. And then we don't have as much energy as well. Right, it's not realistic I think we're gonna have more energy later than we do now, even if we're feeling low and energy right now. Right, it's never gonna feel like the right time, until it's too late, so you need to take action now and I've shown you that my coaching can give your loved one awesome ordinary life. And now, if now's not the right time to leaning in, and moving forward. Then when. And when right, starting now is important, but so is focusing on the right stuff, right. So taking action is really important, but I want you to take action on the right things right, I want you to learn, so that you're not taking action on the wrong stuff, you're not continuing, or you're not going down that special needs path that we talked about in the first workshop. Right. I don't want you wasting your time and I don't want your family member, to be in an oppressive or segregated setting I want them to have an opportunity to have an awesome ordinary life. And as families we're taught to accept segregated settings for people with disabilities. And it's not possible to live your life, your best life in a segregated setting. And I'm not shaming anyone for being in a day program or a workshop or a group home, but there's better and I want the opportunity to show you how to do better, right, and I don't want you to learn that wrong stuff and I don't want you to just accept the default special needs things that are on offer for people with disabilities. So I help families across the world to create an awesome ordinary life with their loved ones right I help them to create a vision and create a plan that's life giving with their loved one, a life that your loved one with a disability would brag about to others that you would brag about to your friends. A life of contribution of long term relationships of inclusion and real community, a home that they can call their own, and just the right supports right and awesome ordinary life, and just by taking part in this workshop series you're already closer to helping your loved one with a disability, create their own awesome ordinary life, and a brighter future. So, what you've learned. Okay, so what you've learned so far so I just want, if you were in the first workshop. If not you can go back and capture these learnings but in the first workshop you'll learn about how to think about an awesome ordinary life vision for your loved one, right, because we need to be able to see it to envision it in our minds before can become reality. And it's amazing how you can move forward. Once you know that direction you're going, and you made big strides and learning how to help your loved one, increase their independence,

right all by giving them opportunity to grow and starting small giving your loved one opportunity to try and to learn right there's no failure just learning right and this is how we can take steps forward, taking small steps for the right size steps forward. And that's huge. That is huge and knowing this is going to pay off now and into the future. And today with me, we just rolled up our sleeves and we did the hard inner work, right. We did is learning together around the inner and the outer model and shifted maybe some of our energy from looking outwards and starting to look inwards. And I was talking to Kim out in Alberta and she was talking about this idea of emotional readiness. I don't know if that resonates with anybody but emotional readiness within ourselves, right, is what's really keeping us stuck, or it can empower us to take steps forward with our loved one. Right. And then, we talked about the empowering ability blueprint, the pathway, the most important areas to focus on to create an awesome ordinary life with your loved one. Isn't it easier to understand now that you see every step along the way. And in such a short period of time you'll learn so much about how to create an awesome ordinary life with your loved one, right, and how to start creating that future peace of mind, with your family. Right, you've also heard about the transformations that have happened in my sister's life, right in John's life right and the others that I've talked about right that I'm sure the pictures have talked about Cameron making big wins, Keith getting his own home right we talked about Gabby we talked about Sarah in the kitchen making dinner for our families right and this type of transformation is available for your loved one as well. So I just want you to take a minute here with me. And if you're open to it, I'd love you to close your eyes and I want you to think about how what is possible has changed for you, and has changed for your loved one over this workshop. So because of this workshop. What do you now see as possible, that you didn't see as possible before. So close your eyes. What do you see as possible now that you didn't see as possible before. What is different for you now. What's different for you now, versus before this workshop. And what does that awesome ordinary life look like for your loved one. I want you to let that mental movie play, let it play for a minute. And imagine what that awesome ordinary life could look like five years from now, for your loved one. Right. What long term relationships will they have. I want you to think about this for a minute, what friendships what long term relationships. What new awesome things will your loved one have in their day. Maybe a paid part time job. Maybe volunteering and community, maybe exploring new interests. How might your loved one be engaging in interests in ordinary places in their community. Right. And remember, this pandemic is going to pass right community life is going to come back. How will your loved one, be contributing in their household. How will your loved one be contributing in their household, you talked about that perspective shift of roommates. Right. And how will your loved one have grown to be and become more capable, right, or as we like to call it sometimes independence. How have they grown their capability. Maybe even in five years or 10 years whenever that time is right, maybe they'll even have a home that they can call their own maybe an apartment with a roommate. Right. But

somewhere that they call home just visualize the life that's possible with your loved one, watch that movie playing. Right, watch that movie play. Now if you've had your eyes closed, slowly open your eyes. It's pretty amazing, right. It's pretty amazing. It's pretty amazing what's possible. Do you feel differently now versus the start of this workshop. Do you feel differently. Tell me, tell me how you're feeling right now what feelings are coming up for you. What feelings are coming up. empowered. That's a strong word hope. Courage hope, faith, not alone, you're not alone Nicky hope. Happy less afraid, a new outlook positive. I think I can weight lifted from my shoulders hopeful supported. Amazing. Amazing. So, I want to tell you just a little bit about my family so I've shared a bit but I'll tell you back to 2015 and my family, we just didn't know what to do, right, we were struggling, and we were at the bottom of the mountain looking up at Mount Everest, and my super mom. My mom had burnt out, and she called me, I was at work. I was working at a technology company that time. And she's very quickly I said I could hear the trembling in her voice when we first started the conversation very quickly. She said, Eric. I can't do it anymore. I can't keep caring for Sarah. And at that point, I became a lot more involved in my family life returned to the government systems that we thought would save us and there was no help to be found no one was coming behind us to save us. And we had to figure it out ourselves. But what I really realized is that it took me months to realize this but there was this other life that was possible for Sarah and it was really hiding in plain sight, at the time, and I was living with my friend Sam, at the time, Sam is in his young 30s and he's a man with a developmental disability, and through seeing Sam live his own life in his own home with a part time job with a strong personal support network support circle relationships. I was like, Oh, that's possible for my sister. So sometimes you just need to see it so hopefully through seeing it today, right, you're you're coming to these realizations that I did right so I realized that I needed to help my sister to have them life more like Sam's to live that awesome ordinary life but I had to learn what was possible, but then I learned how to learn how to do it right so I tried to go to the best disability experts in the world that I could find and to do that I started this podcast so I could have more conversations with them right to learn about the best practices, then I became certified as a coach and all while learning right so learning being kind of the starting point. Right. I, we started implementing so as soon as I learned. We started working I started working with Sarah right so started creating this vision around having, you know what a home was like, increasing your capability building positive roles and becoming you know what is could having a part time job look like, what would it look like to become maybe more involved at your local gym. To start a support circle and really creating a positive vision, awesome ordinary life, vision, and then it all started to happen. And this is a picture of my sister, like three or four months ago, so she's. Five years later, and many elements of her vision have come true, right she has that support circle and committed friendships, she's had a huge increase in capability and dependence I mean huge like she went from having everything done for her to now doing some of our own self care making simple

meals doing the laundry doing the dishes organizing social events, becoming a pet owner regular pet cat Annie. Isn't that incredible, right, and as of August, this last year so 2020 Sarah moved into her own home right and look how happy she looks right pretty amazing. But it took a ton of learning and energy and effort and focus and took some time. Right. So, with this knowledge, experience and belief. I gained with my own family I started coaching other families on how to make these transformations, and now in my coaching programs, I've coached over 200, other families. And now I want to share this with you. I want to help your family have this transformation, where your loved one can live into their own awesome ordinary life, and a sustainable, have a sustainable future where you have less worry and less overwhelmed. I want to help you gain the peace of mind that your family member will have people there for them once you no longer can be. I want to help you enrich your family members life now. And moving forward into the future, right, you can have this life for your loved one. So, by leaning into those super mom or super dad or family leader powers, you can do this right, let me know in the chat say yes, I can do it. Yes, I can do it, let me know in the chat. So yes, I can do it right, you can make this shift, small steps. Yes we can. Yes, I can do it. Right. Having more relationships more fun more typical ordinary good things, right, greater sustainability greater capability increased growth in totally transforming supporting your loved one to transform their life, right. It'll give you the feeling of relief and self assurance that if you aren't here, that they'll be able to live a full life well supported a loved life. Isn't that what we all want. How would it feel to create an awesome ordinary life with your loved one, how would it feel to create that life let me know in the chat. Let me know in the chat, how would it feel to create that life with your loved one. How would it, how would it feel awesome. No words Glenda. Amazing. Freedom. Fantastic, powerful words, powerful words relief. Freedom good mutually empowering mutually empowering. Right. And imagine imagine belonging to a community of other families who are on the same journey, right committed to building an awesome ordinary life with your family member. This is the opportunity that we have today, and this is the reason that I created the plan my future coaching program online course. So, let me know in the chat, who's interested in learning more about the plan my future coaching program, who is interested in learning more about the plan my future coaching program online course. I'm seeing a bunch of yeses here. Let's do it. Let's do it. Okay. So, I'm gonna give you the rundown on the plan my future coaching program which I'm super excited to be able to share with you so let's take a minute and talk about it. So, it's going to really help you think through how to help your loved one build that awesome ordinary life and that long term sustainability but helping you to do it easier and faster. And one of the real keys and differentiators about the work that I do with families, is that I'm a family member, right, and I've designed this work with families right and it's structured to be your guide to break down this process. The empowering ability blueprint to break down the process step by step in small, manageable chunks, so that you can make progress, so you don't get stuck in that overwhelm right and even though you're

busy you'll still be able to make progress and the plan of future coaching program helps you focus on what's going to help you make those strides quickly. So it's broken down into eight modules that are released over a 14 week period and during that time, I'll guide you through the process so you'll know exactly how to help your family member, with a developmental disability build that awesome ordinary life without getting sidetracked or getting frustrated without getting stuck. And part of the magic of the plan my future coaching program is that you'll be working alongside other families who are all creating their own customized individualized plan with their loved one. And we're going to be learning together we're gonna be having conversations together you're not going to be alone, you're going to be getting your questions answered. And we're going to be making progress together. The experience is designed so that we can learn these essential powerful concepts we need to move forward. The outer and the inner right and creating that awesome ordinary life, vision, right and you're going to learn from the wisdom of other families as well so I'm about to open registration and it's going to be open until March, the fourth. So as I mentioned, it's a 14 week online program, which is composed of video lessons to help guide you step by step through each of the EA blueprint pathway points. And as soon as you register for the plan my future coaching program, you'll get access to the private member's area in the EEA portal where you'll get started with the engage module. Right, that's the just get started. Module, you're gonna get workbooks customized workbooks, so you've got a little taste of what my workbooks are like, but workbooks to guide you step by step to build your plan, you're gonna get eight live calls to help guide you forward, and it's going to take about 90 or so minutes per week as my suggested guideline that I've seen be really helpful for families. However, if you're feeling like I don't have 90 minutes a week, that's okay, because you've got access to the program for a year, so you can really go at your pace. And you can always reference back whenever you may need it. Right. And you're going to be fully supported with getting all of your questions answered with live coaching calls and a community of families, just like yours, right, people that are just going to get you, and you're going to learn all of the key areas in the empowering ability blueprint pathway. Right, so you're going to learn about, you know, all the areas in the curriculum and within that you're going to learn about the learning in each area, then we're going to do the planning, and we're going to do the inner work so we kind of have three paths that we're going to be following along the way so you're going to engage right you're going to engage with the process. You're going to engage with yourself. You're going to hit. And you're going to get alignment to move forward, right. Then we've got module one which is all about Connecting, Connecting with yourself connecting with your family member, and your loved one. And your loved one with a disability, and others that know your family member, well, so that you can understand your strengths, their strengths and get a full picture of your loved one, right. Module Two is going to be all about enhancing your loved ones capability, or their independence to accelerate them right to accelerate their growth accelerate their

independence and so that they can become even more interdependent with other relationships and less dependent, maybe on those go to people they have now mom and dad often Module Three is about building relationships, right building and deepening relationships so your family member can have a greater feeling of belonging and a more connected enriched life and greater future sustainability beyond just the immediate go to people. Then we got module four right it's all about increasing your family members contribution to society, so that they can increase their experience and get a greater sense of meaning of their life and increased self worth and confidence. Then we've got home right module five thinking about what would it look like for your loved one to have their own home and designing the best home for them. Right. And we got module six it's all about support and finances getting the right support for your family member for your loved one building that financial plan for their future. Now we've got seven awesomeness So thinking about creating more awesome in your loved one's life so that your family members can have can experience fun adventure love nature health, all those awesome things that life has to offer. And there's some bonuses. Okay, so in this promotion, I've created some bonuses that are designed to make it easier for you to move forward and to implement what you're learning because I know without implementation. The results don't happen, right, we need to take action we need to take those small steps so these bonuses are crafted to help you to do that. So I'm going to go through the bonuses for you so the first bonus is a second family member login pass to the plan my future coaching program. It's a \$497 value which allows you to invite one additional family member to join you inside of the plan my future coaching program which has been helpful for families to help kind of more than one person get the learning to get alignment to share ideas and to have conversations conversations is super important. Then we've got bonus two. So, bonus two at the end of the plan my future coaching program, you have the opportunity to have a one on one call with me, and get feedback on your plan. Okay, this is \$197 value, and it helps you make your plan, even more awesome bonus number three, for live coaching calls so there's \$197 value in these four live coaching calls but they support you in making progress. If you get stuck. These coaching calls, get you on stuck. Okay next bonus is for live family connection calls. So, \$197 value the benefit of the collective wisdom of other families to share your experiences to hear their experiences to learn from each other. Right. And you're also going to get the opportunity to connect in a private social group, with the other families as well. bonus number five. So, to make sure that you get the answers that you need. I've got seven live q&a calls from every other week. Get a q&a call with me to answer all of your questions. And finally, bonus number six, if you know another family that would benefit from the planet future coaching program, you can share the program with them once you've registered, and you can give someone else 20% off so it allows you to invite in another family member, to the journey with us. So, I've also crafted a guarantee. So, I want you to feel comfortable that the plan my future coaching program is right for you. So, I've included an intentional. 100% money back guarantee.

And I do that because this program has worked for over 200 people now, and I know what's going to work for you too. But I know there's too many too good to be true, online internet promotions that can cloud are just our judgment, so that's why I've included the guarantee so at any time during the first 30 days of the plan my future coaching program. If it. If I haven't lived up to what I am, promising. Then I will give you a complete refund. If you're not satisfied. I just wouldn't feel right to keep your money. So, it's simple, right. It's simple, if, if you don't feel like I'm living up to expectations if you don't feel like the plan my future coaching programs, living up to expectations send me an email, and I will refund you I'll process a refund within 48 hours, so you can try the program and if it's not everything that I'm telling you that it is, let me know and I'll give you a refund. And for those of you folks that live in Ontario, Canada, might be a small group here. This is a republic. The your investment in the plan my future coaching program is reimbursable through passport funding. So, who is this coaching program for. Right. It's for, like, who gets the biggest benefit from the coaching the plan my future coaching program maybe it's another way to put it. It's those who have the can do attitude it's those people who are saying, I can write that I can do it right, that people that are open to thinking differently, and reading ready to invest in your loved ones future in an awesome ordinary life. People like Angie who converted her supermom powers from doing everything for her son john to be to holding john to become more capable and letting him grow, right, or now Lena, who helped her son plan to get his own home, and the right supports inside of his own home. And they're well on the way to do that right to give her son more freedom and choice and control in his life, or someone like Karen, whose daughter went from living with her and her husband now to having her own separate apartment attached to mom and dad's place, she's created a support circle and has significantly increased her independence. So if you see yourself in any of those stories are moving in the direction of any of those stories. Right. And if you want to create that awesome ordinary life with your loved one and get that peace of mind, the plan my future coaching program is for you. Right. Some families might be able to take what I've shared, so far, and run with it, and keep climbing that mountain towards an awesome ordinary life vision. Right. If that's you, amazing, but the absolute worst thing you can do is nothing in my heart, I don't want you to keep taking those small steps forward, what would it cost you if you stayed stuck. What would it cost you if you stayed worried and anxious and overwhelmed. What's the cost to that. There's a huge cost. Right. Many families have found it helpful to have me guide them, and look go down this learning pathway right the pathway that's proven to move forward and to learn the proven strategies, and to have the support along the way. So if you're a family that wants some support on your journey up this mountain. It's why I've created the plan my future coaching program to save you time to help relieve the overwhelm right and to help you make progress to help you continually make those small steps forward so your investment. The plan my future coaching program investment is \$497 Canadian, or if you live in the United States. it that works out to about \$397 us. There's also a payment plan,

available if that's helpful for you. So Emily if you can put the link in the chat. That would be awesome, but you can go check it out at the at the link here at the bottom of screen. So, the link is in the chat Thank you, Emily. So, you can go to that link and register right I encourage you to go the link and register I would love to have you don't have, I would love to have you join the plan my future coaching program. If you feel it's right for you so go ahead to that link and register and for you folks that are here today, I've got a special bonus for you This isn't a surprise bonus but this is a bonus for everybody. Okay, so I've created the plan my new awesome course. This course cost \$297 and the purpose of it is designed to help families during this pandemic timeframe. So if you sign up today before midnight, you get this course included for free. As a bonus, this is a \$297 value right so you get this for free, but only if you sign up today before midnight pacific time. So the reason to invest now, right, the longer we wait, the more challenging it's going to become to help your loved one create an awesome ordinary life. This offer is only available till March 4 at midnight pacific time. And this is an incredible offer, it's my best offer yet and it includes amazing bonuses all designed to help you make progress. So to make the progress you want your life. You've got to break those old habits, you've got to really look and do that inner work as well as the outer work right the way you're going to do that is by investing in this program. I'm going to walk you through step, the step by step process to creating an awesome ordinary life with your loved one and creating that secure future for your family. If you follow what I'm going to show you you will make progress. That's why I'm guaranteeing this program. So, as you think about making a decision. I want you to know this. If you're feeling overwhelmed, or you're feeling anxious or you're feeling uncertain around what the future holds for your loved one with a disability, or your, you know, I just want you to know all that's normal right it's normal. I think it's important for us to realize that that's normal. And the challenging part for most of us is that we try to manage everything on our own, we try to do it alone, along with all of the other responsibilities that we have. And life is just competing for our time and attention and it's really hard to win it's hard to make progress but it doesn't have to be that way. So I want you to think about what's important. What's important for your life right now. What would you like to see what growth what small steps would you like your loved one to have in the coming months ahead, even though as the pandemic you can take small steps, moving forward the families that I am working with are taking small steps forward and it's been amazing, what goals. Have you been thinking about that top of the mountain vision. Right. How often is that getting pushed to the backburner. You have an opportunity to do something about that right now today. So join me. Join us in the plan my future coaching program and get all of these bonuses today so you can register by clicking on the link in the chat, and click on the Register Now button that you see on the registration page. And you can register right and it's going you know I can't wait to help you experience the satisfaction and the relief of overwhelm to help your loved one, live into their own awesome ordinary life and have that more sustainable future for your loved one. So go ahead, click that link

love to have you come and join us. So, Emily. I want to ask you back on here. I see some people that are in which is awesome welcome Pamela welcome Janice. I love it I'm so glad that you're joining us in the plan my future coaching program Rene's in amazing so, Emily. How are you doing



2:16:10

great, Eric How are you,



Eric Goll 2:16:12

I'm getting I need a drink of water, but that's okay.



2:16:14

You deserve a drink of water.



Eric Goll 2:16:17

Amazing. So, let's let's go some let's, let's get some questions in here so what questions have been coming up for.



2:16:24

Yeah. Um,



2:16:26

so I just am seeing one now that I want to get to before it disappears in the chat. Donna is wondering, is there a payment plan or do we have to pay all at once, just how does that work,



Eric Goll 2:16:38

good question. So, there is a payment plan. So, if it's better for you then you can make three payments of \$197 Canadian over three months. So I want to try and make it as accessible as possible for families if you're in the United States that works out to about 157,

US dollars so if you're in the United States, you'll, you'll pay in Canadian dollars but it'll show up in your credit card as US dollars so you get a nice discount if you're if you live in the United States. But, um, yeah so three payments of 197 Canadian over three months is available if that's helpful for folks. Awesome.



2:17:19

Thanks Eric. So another one that came up here. Let me just go back to my notes here. Jocelyn was wondering, is there a specific age that you recommend a coaching program for or can it sort of be tailored to different ages.



Eric Goll 2:17:36

Yeah, great question. So, I've supported, I guess, thinking about all the families that have been through the plane my future coaching program, the range age range has been from the age of their loved one, right, has been from 12, years old, to 45. So quite a large range. the focus of the plan my future coaching program is tailored towards more adult life. So, as I mentioned, it's it's amazing and helping families plan, you know what, if you're transitioning out of high school right or thinking about life. At the end of high school or coming out of high school, to do that planning do that learning amazing time for families that you know if you're if you're if your loved ones, kind of like around my sister's age like 20s early 30s moving in how to, how do we help our loved one to build their own life once they're out of school, but even if our loved one has been out of school for a while right in the older 30s, or 40s, it's still been proven to be really helpful for for families as well. So quite a, quite a large age range. But families as young as so there was a family that just completed it their loved ones 15 and they got huge amount of value out of it so



2:18:56

awesome. That's fantastic.



2:18:58

I'm



2:19:01

glad to be here. So this is one that has come up a few times. And I know the person who

mentioned it said it sounds like a dumb question but there are no dumb questions all questions are good questions. So Lucille was wondering, and a few others does the person, the loved one that we're creating the life plan for me to be involved in, in the course does the person need to be watching the videos from the modules and sort of moving through that course or is that more so for the caregivers.



Eric Goll 2:19:35

Yeah, so amazing, amazing question. Not a dumb question, this question is very common, right. So, I think it's thinking about what might be the best way to engage our loved one. And because everyone's unique has their own characteristics on personality on meats. It's going to be different. So that's one of the things that we talked about early in the plan my future coaching program, what's the best way to engage our loved one and it could look a variety of ways. There's been self advocates that have jumped in, like, I want my own access, right, I want. I want to, you know, I want to go through this with you together. And let's do it together. There's some, and then the other end of the spectrum, some people were like, Nope, not interested. But the interesting thing is, even if you know for the families where their loved one isn't interested they slowly creep closer. It's like, what's this thing that mom and dad are working on or the my other family members working on. And over time, the digit and the reason for that is because the conversation starts to flow a little bit easier in our family. So there's a wide spectrum, it could be, you know, doing some of the learning and the workbooks, and then maybe asking your loved one the questions, or a couple of questions or trying to get their ideas. So there's there's many different ways that we can engage our loved one. The question can sometimes come up like my loved ones non verbal, how can I, how can I engage them because they can't really communicate, whether they, you know, what their dreams are or what their vision is. That's okay, right, it's really helpful sometimes for the people that know our loved one best to start to come up with ideas, and then we can be creative and think about how can we design experiences where our loved one can have a taste of that idea. And then we can start to get an idea of. do we think that's a good direction, or maybe not so maybe we should try something else. So, so that's something that that that we that we work on, and that we that we focus on. So there's a couple of. Okay, go ahead, you're tracking the questions. Oh, that's



2:21:53

okay yeah No,



2:21:54

I was just gonna say that's great and I'm glad you touched on that too about those who are supporting loved ones who are nonverbal because that had come up as well so that's fantastic. So I do see there have been a few questions coming up in the chat as well. Just about housing. I know that's a really big topic for a lot of the families on the call here. So a few folks are really curious to learn a bit more about how you and your family set, Sara up in her own home. But I also know there's a few other questions about the course so I don't know if he maybe wanted to kind of save that one for a couple minutes from now or do some course questions first What do you think, Eric.



Eric Goll 2:22:44

Yeah. So let me talk about the home piece quickly so with with thinking about home again B, we jumped to the end end solution, right, we jumped to the. How do we how do we make this happen. But where we really need to start is thinking about what's the best home for our loved one, and really go through some deep thinking around that. Right, so that's the starting place, and then you start to piece together, how to make it happen because within home. There's so many things, right, like when a person is more capable than that impacts, support, and then in home we need to figure out in home supports. What does a person do with their time inside the home, which bumps into contribution and relationships. So home is very interconnected. So we can't just look at home or housing in isolation, we need to look at a person's life holistically. So it's really important to think about all of those areas, and map it all out and. And that's really the starting place. So for my family. It was a five year journey to support my sister to move in that direction.



2:24:06

Awesome. Yeah, that's great Eric Thank you.



Eric Goll 2:24:10

Yeah, so I would just like to take an opportunity maybe to welcome some, some folks in if we, if we could there's a whole bunch of sign up so you can put that maybe the link in the chat again. Yes, of course. That'd be amazing so we've got. Let's see here. All right, we've got lots of folks that have joined so welcome Pamela I think I welcomed you in earlier we've got Kim Fox welcome Kim. We've got Jennifer welcome Jennifer, we've got mispronouncing your name, you'll have to correct me but Devika. Welcome, Sarah c

welcome. Amazing. We've got Liza welcome got Rick and Janice welcome Rosie, welcome. Amazing. Lois welcome Lois who got Rhonda welcome Rhonda. Amazing. Amazing. So, I love it if you said it correctly. Great. Welcome to Vika, so love it if you join. Join us so we've got a good amazing group of families started and Remember if you sign up by midnight pacific time tonight you get the extra bonus which is the plan, sorry the create my new awesome course, which is a five module course it's five hours of extra training that you get if you sign up by midnight. Pacific time tonight. So you gotta sign up at midnight pacific time tonight to get that extra bonus. So there's a quick question that I can answer right here. Can husband and wife do it together Sandy, yes, easy question yes. The other thing is one of the bonuses that you get Sandy, is that extra family member bonus so you and your family can your husband can share a login or you can each have your own login, and each kind of go through the learning, and the planning the learning on your own pace but then come together for the planning so. So the answer is yes, Sandy and there's lots of option there. See, Van bandanna, I think, from pronouncing it tell me I'm right or wrong but can we do one or two modules. So I really focus on the holistic life solution. So, it's, it's packages and put together as a holistic solution to looking at a person's life. So, if only one or two modules you feel is relevant, you know, you'd need to sign up and and do those one or two modules, but it's it's really the whole course. And there's a ton of value in in going through the learning of the whole course, even though if you feel like you're not ready for kind of all of it. Right now there's a lot of value in doing all that all that learning. So that you're, you're aware as you as you move forward into those other areas. All right, back to you, Emily.



2:27:15

Yeah.



2:27:16

I am seeing that a couple questions popping up about just wondering if the webinars are going to be recorded and available. So yes they are recorded and correct me if I'm wrong Eric but those are going to be available over an email this weekend. Right.



Eric Goll 2:27:34

Yeah, I'll send the recordings the replays out this weekend I want to edit them and polish them so to make them as good as possible so yeah it'll be sometime this weekend.



2:27:48

Awesome. Thank you.



Eric Goll 2:27:50

There's often a question, Emily that comes up around. So those of you folks that live in Ontario, Canada, around passport funding. So passport funding is just individualized funds that people have available. Yes, the plan my future coaching program is reimbursable through those funds, and they, the invoice that you get will allow you to expense them all in this funding year, so it's on the invoice you'll see it's dated to end, March, 31 of 2021 so you can expense it all this year recognizing that many families are trying to figure out how to best use that funding so so that's available for you if you have any questions around passport funding, feel free to email me, and I will help out with that. Awesome. Thanks



2:28:43

Eric. I know that was one that was coming up quite a bit. Cool. Um, another one is that someone was asking how long does it take to to complete the course



Eric Goll 2:28:53

practical. Yeah, great question. So, the, the learning modules so each, each of the video modules. So there's eight of them. Right. And then inside of those eight learning video modules I broken it down into lessons into bite sized chunks. So, each module has around seven or eight short videos between five and 15 minutes maybe the average 10 or 12 minutes. So, it's about, let's say what's on the upper side of this call it 90 minutes to go through those modules, and then to do answer some questions and start to build your plan, okay so around 90 minutes to two hours per, per module. And then, if you're joining in on the lives which I recommend you do there's eight of them. Yeah, not everybody attends all of them right so don't feel like you have to attend all of them, but there's eight lives where there's coaching and there's the family connection calls, which are amazing. So, those are typically held on Tuesday and Thursday evenings from seven till 8:30pm. Eastern time. And they, most of them are recorded. So, if we're talking about confidential stuff in coaching, then I will not record them because I don't want people's personal stories going out, but anything that's not a person's personal story is recorded and a replay and put in the course, so you can catch all the replays for those lives as well all the Q and A's are recorded and put into the course. So, so yeah so there's some extra time in the lies if

you're joining in joining in the live so hopefully that kind of gives it gives you an idea and it runs over 14 weeks, so it runs over 14 weeks and then you have access to the course for a minimum of a year. So, if you're feeling like this is a lot I don't have this much time right now I've got 30 minutes a week, that's cool to go at your pace, because even the lives are recorded you can go back to them. So, and you have access to it for at least a year, but there's a ton of momentum that we build in those 14 weeks. So, again, the time is now right like if we keep waiting for keep putting it off. Then when are we going to feel like the right time. So question around how I saw it come up a couple times how often is the course offered. So, I'm moving to a model where I'm only opening registration once or twice per year. So my plan right now is to open it up in late. 2021 again. So, it won't be, it's going to be, I don't know, probably eight nine months before before there is an opportunity to, to join again but I want you to think about all the progress that you can make now, right, like you can make the decision. Now, to change the trajectory that you're on as a family, and your loved ones on, like, there's this opportunity right now I don't want you to miss this window because it only opens. Once in a while it only opens like twice a year so the course so as soon as you join you get access to the if you sign up today, you get the full access, I think you have full access, I can remember, you might only have the first couple of modules of the the free course if you join today. The create my new awesome course you've got access to the engage module which will get you started. And then the first module opens on March, I'm looking at my calendar, March the eighth is when the first, the Connect module opens and our first live is on the ninth, that's our opening ceremony and family, family connection.



2:32:55

Awesome.



Eric Goll 2:32:56

I think I answered like five questions all in one



2:32:59

yeah that's super helpful I



2:33:00

was gonna say that touches on a couple of the other questions that that I had in my back

pocket for you there, Eric. I did have one coming up, actually. And I know you mentioned one of the awesome bonuses that you're offering sort of ties into this but Andrea I was wondering if you had any ideas for how to sort of tackle a lot of these things. During COVID with it being hard to get out to do things hard to get out to meet other people, that sort of thing and obviously it's great that the course is online because we're all at home right now anyway but just just a question around that.



Eric Goll 2:33:39

Yeah. So, good question. Um, the strategies that you're going to learn around community are going to be probably hard to implement right now right but it's still important to learn about them because we need to know about those strategies and learning to build the plan right and to create that awesome ordinary life vision so it's still really relevant to do that learning and do that planning right now. The other thing is it gives us an opportunity like once community opens up. Then we've got ideas and a strategy and you can make some pretty big change right like this is a great opportunity for change, because whatever was happening before isn't happening right now. So, when thinking about community or contribution, or work, or whatever it is, we have an amazing opportunity or window for change right now. So, and moving forward you can move into that intentionally when community starts to open up. So I think this is an amazing opportunity to do this learning and planning so that you're ready to kind of hit the road running. Hit the community, running right so amazing opportunity. The other thing is the families that I'm working with right now, or that I've worked with the plan my future coaching program have made huge huge huge strides. And you can see it on this picture, right, like we've got Cameron here, and his mom, Alison just shared this one with me like last week. Alison had, like, a lot of anxiety and overwhelm boat. Cameron getting involved in the kitchen, and she kind of just maybe I'm not telling the story right maybe we need to get Allison to tell the story and Allison might be here. Yeah, Allison. Can Can you share that win with it with us quick, I'm gonna, I'm gonna find you here. If you're open to it. I would love you just to quickly share that win or maybe even share your experience, if you're putting you on the spot, I realize I'm putting you on the spot. Pretty eager.



2:35:49

Okay, that's all. How



Eric Goll 2:35:52

do I. Oh, there it is, has to unmute. How soon Are you able to unmute now. Allison Can you

unmute yourself now or No. Okay, I'll keep trying here. What about now Allison. Can you unmute yourself now.



2:36:27

Yes,



Eric Goll 2:36:28

hi Allison.



2:36:29

Hi.



Eric Goll 2:36:31

Where am I gonna find you.



2:36:34

I'm in a little square.



Eric Goll 2:36:35

Yeah. So, can you share this win with us because you know that I love talking about wins. So, can you can you share this specific one about Cameron and maybe even if you're open to share kind of like your experience and apply my future coaching program.



2:36:52

I share Well, thank you for the opportunity. So, my little guy, little guy is in his last year of high school and I've been worried and anxious and grieving for the past 20 years and I'm a teacher and I run a all inclusive music studio so you would think I would know that to get going on this but it was avoidance because I'm petrified when I'm not here. So I took this workshop that you guys are doing right now, many months ago and started the first course and I do my very best I had some family issues, my dad and I, I'm not giving up I'm

still gonna be doing it and then when the EAA club opened up I thought I'm doing it for sure and the gains my little guy has made because I was holding him back. I was like, no, it's faster if I do it and be less mess and I was fearful, and he made that salad, I, because I was getting frustrated I said I'm going to take max for a walk, I need the salad done it



2:37:47

was brilliantly done, just the other day Eric I don't know if I shared this in the Connect he went and picked up the mail by himself and he has fine motor issues and usually can't do a key and



2:38:00

you just give them the opportunity, I used to think he's going to be in a group home. No way he's going



2:38:06

to have the best awesome ordinary life and as you say Eric people will be jealous of what I have planned for



2:38:11

him. So, I'm so pumped and you guys, welcome and do your best to try and sign up and I don't even know him so I'm not advocating because I paid is just amazing course you will feel so much better.



Eric Goll 2:38:25

Yeah, awesome, and I'm. We didn't plan this by the way. So I appreciate you just jumping in here. But I thought you were better to share the win than I was. But now that I've got you, like, How do you feel now since you've completed the course like do you feel differently.



2:38:45

I huge, the biggest takeaway well there's a zillion of them is when you encourage us to ask,

reach out to our community for people that help us. The support circle social piece is so huge and I was one of those petrified thinking oh everyone's too busy they're not going to help me, and you'll learn about this and they are there to help you. It's just, you're not alone You really are not alone and believe me folks I would cry myself to sleep I would is awful. I know exactly how you're feeling, and I feel like a huge weight is lifted off my shoulders, and my little guy is so much more confidence so much more capable than I gave credit that he can do.



Eric Goll 2:39:25

Yeah. Amazing, amazing, I it's, um, yeah, so proud to watch your growth, and see Cameron grow so big high five, celebrating that win with you, Alison and Cameron, give lots of love to Allison for just jumping on here and and sharing in the chat with us give lots of love to Allison, thank you so much. Alison for showing you. Awesome. Thank you. Next week, we'll see you soon. Awesome Alison's great, isn't she, and like, I don't know, I just love families to be able to share their stories and their wins too So, what a great opportunity. So, Emily I just want to take a sec, and welcome some more folks in some more folks have joined us in the planner future coaching program so let's see here, we've got we've got Louise w welcome Louise we've got Linda B welcome Linda. Thank you for joining us. We've got Simone Kay welcome Simone. Amazing. We've got Laurie D welcome Laurie, we've got Kelly, h b welcome Kelly and family, I should say, and family right because we're doing this as a team. Welcome Laurie, Anne welcome Laurie and super happy to have you here with us. Welcome Joanne II welcome. Amazing. Welcome Andrew asks. Welcome, welcome Thomas I and family, amazing, amazing amazing amazing. Okay, cool. Alison I've still got your video pinned here, I'll move it so you don't have that. All right. Emily. What I'm sure we still got questions. What questions do we have Emily let's answer some questions and Emily if you can put the link register in the chat again for us, that would be worth using.



2:41:22

So one second here my, my zoom is kind of running a little slow. There we go. Perfect.



Eric Goll 2:41:29

We'd love, we'd love you to join us. And again, the time, the time is the right time is now because if we keep waiting we're gonna keep putting it off. Right. The time is now to start taking those small steps forward. And, you know, as Allison was talking about I think for, like, I don't know Allison you can give me a thumbs up or thumbs down like. To me it

almost feels like you weren't sure like you weren't sure that Cameron was going to be able to increase his capability that he was going to be able to take these steps forward but once given the opportunity. He's taken it. He's making progress, you're feeling less overwhelmed, right, and yeah so amazing, amazing. Okay, so see Sammy, Sammy asked a couple times here. What time are the live so the lives. So, there is a schedule I haven't completely formalized it yet I will be releasing it at the beginning of, of the plan my future coaching program. So the lives are typically going to happen on Tuesday and Thursday from seven to 8:30pm. Eastern time. So, if we say me it looks like you're in mountain time. So I think we got to take two hours off that. Right, so be five and your time, it would be five to 630 would be the live and if you can't make the lives. The majority of them are recorded. So, to get that and if you can't make not everybody makes every live, not everybody makes every live so if you miss one It's okay. Right. I know we're busy we got stuff going on but the learning will be there for you.



2:43:13

Awesome. And that's great that you answered CMEs questionnaire because that was, that was actually the next one I was gonna gonna ask you folks were wondering about that. I



Eric Goll 2:43:23

see a couple here around passport funding so are these quick. So for passport funding, you can. So I've got 100% reimbursement rate for empowering ability to plan my future course and all the things that I do. 100% reimbursement rate. So, what happens typically is families just purchase it on their credit card, it'll be on the invoice it'll have the parents name, and that's fine passport passports never rejected it because it had mom or dad's name on it so so yeah so you can just register, I think, Michelle maybe asking that question, you can just register for the planet future course with your with your name, that's, that's fine, the invoice will be, work, work fine. And if not, I can I can help you up.



2:44:16

Awesome.



2:44:16

Thanks so much, Eric. And I have a couple questions coming up, just some really specific ones around payments and different things about the payment plan, just in terms of like

us Canadian. If someone has a really specific question about those sort of things is it best for them to just send you an email.



Eric Goll 2:44:38

So, I can, I can talk about them at a high level and then if there's further questions yeah you can send me an email. So, the, the one time pay is 497 Canadian okay so the one time pay 497 Canadian plus plus tax wherever you are in Canada. The, which converts to about \$397, American. Right. So, just because the American dollar is worth more than you get that discount right so you'll pay in Canadian dollars. However, your credit card, it'll show up in US dollars and it'll be around \$397 with the conversion, with the payment plan. The payment plan is three payments of \$197 Canadian. Okay, so if you're going with a payment plan. Three payments of \$197 Canadian. So that works out. If you add all those together it's like \$591 so it's a little bit more expensive but you get to pay it over three months, so you pay one payment now. And then another one, a month from now and then another one, two months from now, and US dollars. It's 157, it works, so that 197 converted into US dollars is about 157. So it'll be three payments of 157, if you live in the United States. So hopefully that gives some more clarity around the the payment plan.



2:46:10

That's awesome.



2:46:11

Thanks Eric. I think that'll definitely be be super helpful



2:46:16

just double check



2:46:18

here



Eric Goll 2:46:25

is a question from Mary. So she says, if I miss the lives. Do the work would it still be worth participating. So, Alison maybe you can chime in. I know you came into a lot of the lives but the. And I'm asking Allison for her perspective because I think it's. You'll get kind of a real life truth perspective from from Alison as a parent who's been through the plane my future coaching program. And I didn't ask Alison to be here. She's like, I just want to come here and continue learning so I think it would be because the video lessons guide you step by step through the learning right and through building your plan. And if you can't make the lives you still get the recording of the lives for engagement with other families you still get access to the social private social group, where you can connect with other families their share resources. Excuse me have conversations. So there's that aspect as well as well. One thing that I think is really valuable inside the plan my future course is I, I often ask you to share your, your insights or share your learnings below the video lessons. So that's an amazing way I see families engaging with each other, sharing their experiences that are directly related to the learning. So, without the lives. I think that there's, I don't know, there's, there's a lot of value in the plan my future coaching program, way more than what I'm what I feel I'm, I'm asking for an investment, like my goal is to deliver 10 times the value that I'm that I'm asking people to pay, and I go all out right, like, this is, this is my, what I feel is like my purpose my mission, like I'm super passionate about this like every live I'm bringing this energy. Right and throughout the whole course like you've got like I was dedicated to make it, amazing, and to help you make that your, your loved ones that awesome ordinary life with your loved one, so.



2:48:42

Yeah, that's great. Eric, I think that answers a lot of the big questions that I saw coming up. A lot of them about passport. Just about the structure of the course. I don't know if maybe I missed any, while the chat was buffering there. Or if anyone has any, any questions that they want to just.



Eric Goll 2:49:06

Yes, just came up from Sandy, I'm gonna take that and then if you can kind of scroll through the chat and see if there's any questions also if you can put the link to the registration, and again, I'd love it if if folks joined us so I can take your question Sandy if other folks have questions, make sure to get them in the chat. And I just want to welcome in I know there's some new members that have have joined us again so I want to welcome in some new members here. So, let's see I don't want to miss anyone so let's see we've got Sherry our welcome, Sherry are and family welcome Eric M and family, welcome Megan H and families super glad to have you here. Welcome Donna n and family. Welcome Sue L

and family, super glad to have you as in the plan my future coaching program. Welcome Barbara t welcome Barbara T and family. Welcome Wendy T, and family, super glad to have you with us. Welcome to reset be and family. Glad to have you join us. Welcome. I think it's menu. Manage UK Welcome again My apologies if I'm off on the pronunciation. Okay, so some quick questions that I can answer here and then if you can kind of scroll back in the chat Emily and see what other questions have come up so. Sherry quick answer for you. How do you share the 20% discount for friends, so I'll get that out to you within the next day, Sherry. So, I gotta, I gotta create that code for you to be able to share so keep an eye on email for that and I will get that out to you. Sandy, okay so this is a question Sandy, that that comes up right around our loved ones disability. So, if our loved one has a specific disability. There's disability type or severity of disability. Will the plan my future coaching program work. And the answer is, yes. So, in the plan my future coaching program we're focusing on learning, best practices based on really the social thinking of disability. So, again, like I'm going to teach you principles and values around that social model of disability and the thinking has worked and is applicable for people that have different, I guess, want to call it severities of needs or different you know people that have maybe more significant needs and people that maybe have less, less needs and need more support versus less support, it's worked for, you know, kind of the spectrum. I think that for families that have a loved one maybe with more significant needs or greater needs. Sometimes you got to think even a little bit further outside of the box, like, how would what we're talking about how can we apply that. What would that even like smallest step look like with our loved one. Right. And I think often. That can be a challenge but that's something that I support support families with so so yeah I don't I typically don't talk about, like, diagnosis, or I don't talk about you know in my teachings I typically don't talk about severity of disability but in terms of the implementation. Well, we'll need to be creative right you'll need to think about, well, what are maybe the the things that you know are, I think, are absolutely going to work and these other things like, Oh that one thing Eric you mentioned like, I don't, I don't see how that can work right now. And maybe you can't see it right now but maybe it's going to click in a year from now, two years from now. So, the thinking really applies to to everyone, because it's based on social human principles. So, Sandy. Don't apologize for asking that question because I think probably a lot of people were thinking it, or were asking it. Okay. Um,



2:53:18

yeah I'm glad you found that Sandy's question that was one I was gonna, I was gonna pull up and ask him that that's a great question for sure. Um, so I'm not seeing any other big ones that are jumping out and I do apologize my chat is actually totally frozen right now.



Eric Goll 2:53:34

I can see the chat so I got a question here. So Sam is asking how many weeks. And how many of the sessions are you at Eric, good question. Sammy. So, 14 weeks for the kind of. So the way that it works is every two weeks, we're gonna go to the next section of the empowering ability blueprint. Okay so on. So, as soon as you register. The first section engage is open, you can start going through it. Okay, then. On March, 8, the Connect module opens, and we're going to have about two weeks to go through the Connect module right so you're going to be able to go in and do the learning lessons at your own pace at your own time and again they're in five to 15 minute video chunks. Might take about 90 minutes or so, we're gonna have a live in there so we'll have a coaching call. And I'm going to do a couple of q&a sessions in the first week or so, and then after two weeks, the next module is going to open, so that'll be capability so capability is going to open on see on the calendar for me on the 22nd. So the 22nd will have two weeks, really working through capability you'll do learning on capability, you'll build your plan on capability we'll do some inner work on capability. Right during those two weeks that'll be our focus, and then we're gonna go to the next section. So that kind of gives you maybe an idea of the flow so let me know if that helps. Sammy and then the second part of your question. I'm at all the lives. So, I'm, I'm in there, I'm teaching, I'm asking questions. I'm facilitating conversation. I love being I'm celebrating wins like one of the, like, that's probably the reason why I asked Allison to come on because we've got this ritual of sharing wins at the beginning of every call, we're sharing wins and it's just really inspirational and motivational like that's one of the magic pieces of the plan my future coaching program is that we're going through this learning together as families as our families are all taking those small steps forward. And sometimes we feel a little stuck. We're not sure, like what our next step is or how to move forward but we hear somebody else's when and it's like, oh that's inspiring that family did that. Or like, oh that family did that, like, I think we can try that. Or we could take that step right it, like we all just kind of pull each other forward and lift each other up. So, I'm talking about something totally different than what you asked but just look back at your question Sammy. The answer is I am at all the live sessions, I'm doing all the Q and A's. I'm in there, every day, answering questions, or close to every day maybe not every day but questions that are being asked inside the EA portal on the video lesson so you can ask questions. Inside the inside the course right and get your questions answered inside the course and I typically answer those. again, live on the q&a calls. So, you get, you get a lot of access to, to me, I think there was another question. I don't know, do you have your chat working again,



2:56:54

sort of, I do see what. Sorry about that. I do see one from Maryland and Ryan, they're just

wondering is the cutoff tonight midnight eastern time.



Eric Goll 2:57:05

So the registrations open till March, 4 at midnight. Pacific Time for the plan my future course. But, but the big butt here is that the create my new awesome bonus course. So the five. It's like a series of five workshops to help families during this pandemic time is added as a free bonus only until midnight tonight. Pacific time. So, if we transfer that to Eastern Time 3am, or, or midnight midnight pacific time.



2:57:48

Awesome.



2:57:50

Families just wondering, is there a specific time for our children or young adults to connect with each other and talk about how this process, feels.



Eric Goll 2:57:59

Yeah so good question. I. It depends on the person but many people come and join the lives, if they if they're if that's something that they want to do. So when we're talking about wins and sharing wins. It's often self advocates coming and talking about the progress that they are making. They're also welcome to join in the social community and share their wins in the, in the social community and to have that type of interaction. But I don't facilitate self advocate to self advocate type, relationships, if that's the question. So, lots of opportunity for self advocates to engage and be a part. But, but yeah I don't do kind of self advocate to self advocate relationship facilitation.



2:58:57

Okay.



Eric Goll 2:59:03

So see a question from Sammy how many lessons are in each module. There's about

seven or eight, let's say eight lessons per module it varies, probably from seven to nine average being eight lessons per module. So about 90 minutes per module to go through all of the all of the lessons in that module. Got some more folks that have joined us. So, I would love to maybe just walk them in in demand, and I would love you to join us as well so if you can share the link in the chat again Emily. do you have the capability of doing that. All right, so let's see. There we go. Heather, a and family welcome Heather a and family. I welcomed in, I think, Manju k already, we've got Theresa be again welcome Wendy t welcome, Barbara t welcome. Amazing. Amazing Amazing, amazing. Okay. So, a great time to join right there's no better time than now we're never going to have more energy. There's an amazing time to support our loved one to build their capability. It's an amazing time to do this learning, so that we can enter community in a intentional way strategically right when things start to shift back into a more normal setting so Emily, what other. what are their questions have come up Is there any that you see there. so I just want to provide a couple of closing thoughts here. So just to wrap us up tonight, your family, deserves to have this transformation, and the next steps, is to engage right the first step in that empowering ability blueprint model and come along with me, and this amazing group of families that has already started to form on this learning journey. It's an incredible offer that I'm probably not going to repeat again. Go ahead and register now if you haven't already. And so glad that you joined us. And you've taken some steps small steps forward and I'd love it if you came along and continue to take small steps forward with me this amazing group of families. So Registration is open until March 4 midnight pacific time. However, the bonus of the create my new awesome course expires tonight at midnight. Pacific time so love it if you joined us. Thank you so much for joining. I appreciate you all have a beautiful night. Thank you, Renee for being here. We'll see you inside the plan my future coaching program.