

Free Life-Plan Workshop Part 3: Building Social Connection

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SPEAKERS

Eric Goll



Eric Goll 00:50

All right, welcome folks welcome. I saw some folks are excited to be here. I'm excited to be here. Sunday evening Sunday evening. Thank you so much for being here with your Sunday evening, this is like a sacred time for many of you, so I'm super grateful that you're spending your sacred time for money invest family time here on a Sunday night, and the conversation that we're going to have I think is like a really important family conversation so I think it might be appropriate for us to talk about this on a, on a Sunday night so why are we here right well I think we're all here because we want to help our loved one with a developmental disability to create an awesome ordinary life. Right. And I'll talk more about this idea of thinking ordinary and ordinary and what the heck I'm talking about in terms of ordinary. If you've come to a couple, if you've come to one of the first workshops that we've done so far in this, in this life plan workshop series, then you'll have a good idea. Um, so I'll talk more about it tonight, and then I think the reason that we're all here well the reason that I told you the birth year is to learn about how to support our loved one to build social connections or build real what I call real relationships and you'll see what I mean by real. Once we once we start diving into the presentation. So, so let's do this. So just some quick housekeeping. This is a safe space for families, so I've done my best to shoe the paid supporters away. Kindly Of course, if you're paid supporter, I welcome you to be here but I would ask you to really, you know, if you're going to here to

do some learning do that for me, not from other families, because this is a safe space for families and safe space for folks that that might be marginalized, as well so safe space for everybody. There's the live transcription which Emily mentioned so if you click on the drop down. If you click on the red live button, and then click on that drop down the second option is going to give you a live transcription, ask lots of questions in the chat we're going to be using a chat, a lot, treat others with kindness and compassion show up with courage and an open mind and you get the bonus workbook so I you know what y'all twisted my arm, you're like, Eric, send me the darn workbook in advance, like, this is killing me not being able to print it if you're a printer outer like if you like the printed notebooks. People are like, you can't send it to me during the, I can't print it while you're talking. So, I sent it out in advance hopefully some folks got that that needed it in the email, but Emily just shared it in the chat again so you can go grab it there. When you click on that link, make sure to download it, because I want you to have that downloaded on your device. Before you start editing it. Because if you don't download it, it might not save. So, make sure you download it. Okay. And then you can type directly into it. Let's try and save some trees if you're okay with that I know some people really like the printed books, but that's all good. Okay, I want to know who attended workshop workshop, work shop session one or two let me know in the chat give me like if you attended one just put a one, if you attended to put one, and two, or one comma two. Let me know in the chat, who attended workshop one workshop to live, who attended live. One and two, one. Both. Both both both okay lots of people attended both which is awesome. Okay, who, who watched the recordings Has anyone here, couldn't make a live but when watch the recordings, Ed, you're in good hands if you haven't been to one of the workshops yet welcome glad to have you here. Anyone, anyone watch the recordings, anyone watch those recordings yet. So, Ed those there's recordings available for you if you, if you want to go back and watch the other workshops, they're on the all access page should be in your email. Is anyone. So, Ed mentioned this is her first workshop here with us, anyone else first first timer first timer let me know in the chat first timer Paula first timer welcome Paula Maryanne first time luann first time anyone else first time. I know there's a few of you it's all good. It's all good Tia Ethel first time. Okay cool lots of first times too awesome. So for the folks that have either been here live or even watch the recording. I want to I want to know does it feel like you've started to make some progress, even if it's a little step, or even if it's a change in your thinking. Let me know in the chat like what and if yes, Maybe you can share what is that either step you've taken, or maybe the shift in your thinking, or the. Whatever it is, like, what is that progress that you feel that you've made. I see Christine. Yes, So your loved one made rice, three times, amazing vacuumed on his own as well. Amazing. Pam, I feel as if I have hope. Leanne hopeful. In the end, or Elaine, encouragement. So, I'm seeing a hope is a common theme, amazing, Karen, taking action with your loved one, working on the laundry. Amazing. Amazing Amazing Amazing antique became more independent. Incredible. So, Marissa making breakfast. Amazing how like how awesome is that right like

within a few hours of learning. Being able to take steps forward, and those steps that you're describing and like the ones around capability and like independence, doing more in home like what a huge investment and what huge long term gains, that's gonna that's gonna result. Right. And really what happened, a small shift in thinking, a small shift in thinking repositioning your super mom powers or your super dad powers redirecting those. Right. Amazing. Amazing. Awesome. So, welcome here today and we have an opportunity right and I want to acknowledge that it takes courage for you to show up here in this space. When you think of life planning. I know that it brings up those feelings of worry or anxiety. And often, as family members were, you know, either mom or dad or a sibling or a grandparent or another family member that that really cares and loves for a person with a developmental disability. We're worried about the future. And we, we tend to kind of put that off because especially if we're a parent we're thinking like, I don't want to think about that, because there's so much worry and how do we ensure that our loved ones going to have a good life once we can no longer be there so we're talking about some big stuff, right, but I appreciate you being here and trusting me to have these conversations because these conversations are super important right so we have an opportunity to kind of slowly ease into these conversations sometimes I guess I dive right in. But really trying to have a safe space for these conversations, and to have a map or a pathway to be taking small steps forward, and I love that many of you have that have spent a couple of hours with me already. With us already have taken a couple of steps forward so you know we have, we have an amazing opportunity, and we have the opportunity to support our loved one, with a developmental disability to create an awesome ordinary life, and this is what I help families with so I appreciate you being here I think you're in a good, good spot being here and I know there's some great stuff you're going to take away from tonight's session. However, I just want us to take a get grounded in our current reality. Just, just to kind of step back for a minute, right before we kind of jump into the details of tonight, right, because in order to work on helping our family member or loved one move forward in our family move forward towards that secure future we need to understand where we're working from right so many of us have gone inward. Right. And you might have heard me talk about supermom or super dad, or maybe that term resonates with you and you kind of just instantly understand that Oh, yeah, that's me. If you're a parent or, you know, I know, we might have some siblings in here too, or grandparents or or friends. So we've gone inward, and we try to do so much, right, there's so many hats that we're wearing as family members. Right, so many hats we're trying to do absolutely everything we're trying to figure out everything on our own. And it can feel really lonely. Right. Does that resonate with anyone. Let me know in the chat has either at times have you felt like you're on this island on your own and others don't understand you either family, like other family members or it could be like friends that have neurotypical kids just not getting you not understanding you. Right. But, and that's what I see so many yeses and I see absolutely indefinitely. There is almost a little bit of comfort in that,

because all these other people that are saying yes or definitely



48:49

understand you.



Eric Goll 48:51

You're not alone. Right, so I think it's just important to remember that we're not alone. So who is tonight's session for right so it's for families that have a loved one with a developmental disability we might also have some self advocates here so I forgot to mention that I it's amazing when we, when we got self advocates joining us as well either on their own or with their family. So, who is this for so thinking about, people with developmental disabilities right and families that I've worked with have been all the way from, I guess the youngest has been their loved one has been 12. And that's typically adults that I've been working with right but folks that are thinking there's a group of folks that were their loved ones transitioning out of high school, right so thinking about what is adult life look like at the end of high school and coming out of high school. Then there's kind of another life stage of okay I've been out of high school for a few years, or maybe even 10 years and trying to figure things out right trying to I'm in the real world now. And you might have heard people describe it, or other families describe it or you've described it as my, you know, my love and kind of fell off a cliff after high school. And I don't love the language right but we often like it might resonate or you might have said that, like, there, there's the amount of support that our loved one gets in high school is a lot more typically than after high school right and the supports to make that transition into the real world, are often not that great right so you know there's that other kind of life group, their life stage in life and then there's families where their loved ones a little bit older, right, and you're just trying to figure out, well how do we create this sustainable future for when maybe mom or dad can't be there so let me know in the chat, which of these life stages, which of these life stages are you currently in which of these life stages, are you currently in high school. transitioning out of high school okay so lots of folks transitioning out of high school, out of high school, a few years. Okay, see 3337 so similar age to, to my sister. Cool. So we got a good, a good mixture but this thinking is applicable to all of us. And it's really never too early or it's never too late. And it's applicable no matter where we live, okay applicable, no matter where we live these principles that you're going to learn tonight that we're going to talk about. So, the empowering ability blueprint. Now, I know that some of you have seen this. I think a lot of you've seen this but I know a lot of you have it right there I know there's a lot of newbies so I don't like the word newbies either so there's a lot of folks that haven't been with us here live or watch the recording. There we

go. So, families that are maybe new to me so I want to spend a little bit of time on the EAA blueprint cuz this is like the map right this is, this gives us direction right and, and it helps us with those manageable steps so we're going to spend a ton of time on it. But I want to keep us grounded kind of in this pathway forward and then, so we might spend, I don't know, 10 minutes maybe Max, and we're gonna come back and forth to it, but we're gonna go deep on relationships. Okay, so we're gonna go deep on number three. So, we're gonna kind of, I wanted to do a quick review of the pathway, I think it's helpful to review it even if you've already gone through that with me. And then we're going to go deep on number three. That sounds good. That sounds like a good plan for this evening, we're going to talk about how to build. I guess, how we're trying to build relationships, and we're talking about whether that's working or not. And then I'm going to give you some ideas and strategies on how to think about building relationships, right, we're gonna go deep there. And then I'm going to talk. For those of you I know that lots of you actually already joined which is amazing. But I want to talk a little bit about the plan my future coaching program for those of you that want to learn more, as well so super excited about that. Okay, so I see lots of yeses. So let's let's dive into this. I'm going to flip over to our trusty flip chart here. And I'm going to minimize these slides for now. And let's see here. Okay, so those of you that were with us in the session. Grabbing a marker here. I don't know if I'm gonna need the marker but those of you that are with us, they're with us in session two or you've watched the replay and saving some paper. Okay. Trying to be environmentally friendly I figured it was easier to, You know, we built this in the last session so I figured it was easier to or less, more environmentally friendly to just put some sticky notes up here rather than do a whole new sheet of paper so we're trying to be environmentally conscious here. Okay, so we're gonna go through quick to get over to relationships on outside. So, just give me I just want to make sure you can still hear me okay, you can see me okay let me know in the chat, just to make sure that there were good, I don't want to be talking and you're like, Eric, we can't see you properly or hear you. Okay, awesome. So, you can make some notes in your workbook, or you can grab workbook number two, as well that maybe just make notes in this workbook. So, step zero, right. The thing is we just need to, like, engage and say okay, we're in this is going to be our focus, we're committing to helping our loved one to create their own awesome ordinary life, and I'll talk about all the components of those in the EAA blueprint. So really, the first step, step zero is like, okay, the starting line is here. I stepped over the starting line, like I'm I made the decision to say yes, we're just going to do it right, it can never. It often never feels like the right time, I know you're busy. I know that often things are coming up, often challenges are coming up often barriers are coming up but we just have to get started. Right. So who's making that commitment to stepping over the starting line, I know many of you have made the commitment by investing in the plan my future coaching program, which is awesome. If you haven't that's okay too but I want to know who's making the commitment until 2021 to step over the starting line and say, Yes, we are going to commit

to supporting our loved one to create their own awesome ordinary life, seeing many people here and that Maryland Teresa, Lydia, Disha Marissa Sandra, amazing. When you see me looking down here I'm trying to read the chat. Okay, so, engage right, engage and engage. Awesome, we're going to we're going to step one. So step one is to connect. Okay, so Connect, what is connect Connect is we need to look at ourselves, and say, as supermom as Super data super sibling, what are what are my strengths. What can I leverage to help us on this journey that we're going on to support our loved one to build their own awesome ordinary life, right, so let's let's think about our strengths, and then how can we, how can we use them. Also, you know, we can be aware of what our weaknesses are and maybe wit, who we might want to think about inviting in to leverage their strengths because we're not great in that area right so thinking about almost like team building, but we need to be aware of ourselves. We need to also really understand the essence of who our loved one is their character their personality, because we're thinking about building helping them build their awesome ordinary life, if we're not grounded in who our loved one is who they're what their strengths are, what their personality is the essence of who they are, if we're not really focused and aware on that, then the plan. The awesome ordinary ideas that come out. If they're not in alignment with our loved one. What good are they. So, we need to really, really dial that in here. And then the third piece in Connect is we want to get the perspectives of other people around our loved one, that know them well, because I guarantee you, other people know your loved one differently than you do. Right, like a mother and child relationship is much different than a peer to peer relationship or a, you know, cousin relationship, or a sibling relationship. Right. Much much different. And so that can give us more perspective. And that can help us when helping our loved one to build their awesome ordinary life. This is also strategically, a way to really gently, kind of, invite someone else in, they're gonna be a little curious, like, oh, like, well, I'm happy to answer those questions but why. Right. And then it's a way to start engage engaging, other people too right so Connect. Does that makes sense these first two steps. So it makes sense that we need to really connect in with ourselves with our loved one. Before starting kind of a vision process. Does that make sense Tracy Yes, and teak yes Paula Yes. Awesome. Okay then we're gonna, then we're going to start thinking about vision. Okay, so we're thinking about a vision for an awesome ordinary life so vision what is vision. Vision gives us direction, it helps us understand where we're going. Right, we need to see, even if we're not sure exactly like we're gonna think about what we think would be absolutely best for our loved one. And we might be right or we might be wrong. That's okay. But once we start heading in that direction. We're gonna learn, and we can adjust course, we may we might shift to a different destination, based on what we learn through that experience but we need to set that destination of where we're going. So, all of this is thinking about building a five year vision five year life plan I kind of use vision and life plan interchangeably. But within the life plan the vision is such a core core piece. Okay, so vision of an awesome ordinary life.

Awesome ordinary life. Okay. Step number two, capability. And it always makes me smile because when people get the opportunity to try with the right supports their growth and progress is incredible. And let me know in the chat, because, who's already experienced this. So just either attending workshop one or workshop two with me with us here who's already experienced a growth in their loved ones capability, who's already experienced this growth in their loved ones capability. I know some of you have right there was like cooking rice doing laundry vacuuming that was already mentioned as wins earlier today so amazing, right. So, we often talk about independence. So I talked about capability, but we're talking about you know you can interchangeably use those two words but, you know, in workshop one we talked about learned helplessness, right. So, our loved one has learned that other people are going to do things for them. That's why there's a lack of motivation, or there's a lack of maybe there's an opportunity to build up confidence, let me reword that right, an opportunity to build up confidence. Right, but it's breaking free of that learned helplessness somebody you know our loved one has often learned that they can't do the laundry because it's always been done for them, it doesn't. They're not to be told they can't do it. But if it's always done for them. They've learned that they can't do it so we have to slowly break that down right, and in capability to talk there's some strategies that I walk families through on how to do that. Right. Awesome. Okay, relationships, this is we're going to spend a bunch of time today so relationships. So, relationships are so, so important. Why let me know in the chat. Why do you feel, relationships are so important for your loved one. Why do you feel relationships are so important for your loved one Donna's safety net support network, improving mental health, social interaction and having a friend building social capital. Karen Austin. You've been you've been watching our condo Lucy's videos, haven't you social capital. I'll kind of loosely I view him as as a mentor so you might have some of you might have heard that name, happiness, helps them feel important. Right. So, relationships, why are they so important, all of those reasons. Relationships are the answer to your biggest fear as mom or dad or maybe even a sibling. For other family members, especially mom and dad though relationships are the answer to your biggest fear. I'm guessing this is your biggest fear or it's in the top three. okay. So, the question of who's going to be there. When I can no longer be who's going to be there when mom can't be there who's going to be there when that can't be there, relationships, we need to focus on in being super intentional about relationships, right, that safety net idea right so relationships so let's come back down the slides here, let's dive into this who's excited to dive into relationships. I mean on the chat. who's excited to dive into relationships here together. Awesome. Okay, let me pull up my slides again and switch my camera. Okay. Relationships building social connection. Again, I would use that language interchangeably. So, here's the reality. Okay, so I always try and ground us in. In reality, and things aren't easy for people with developmental disabilities, right. So, there's a lot of discrimination that's faced people with developmental disabilities are devalued by society and those are things that we are

facing. So, people with developmental disabilities have a deficit of relationships. So I mentioned the name al-khan to Lucy earlier and he focuses really a lot of his work and teaching on relationships, and he calls it social capital. I use relationships just because everybody knows what we're talking about, if we talk about social capital, then I need to explain it it's relationships. So, he was an alcoholic she was involved in a study that I think was in connection with Lauria University actually in Ontario, Canada, and they looked at A. I think is 200 might have been 220, people with developmental disabilities. And they looked at their relationship network or their relationship map. Okay, so they they looked at that, in conversation that person would develop the disability and their friends, their family, just to look at how many social connections, does that person have. And what they found is that, on average, of those 220 people with developmental disabilities. They had 25 people in their network, right, that would be acquaintances if they had a job people that knew at work, their family, their friends, their neighbors 25 people. Okay. Does anyone have a guess at how many people, a neurotypical person has in. How many people they have in their network anybody have a guess. For a neurotypical person. So there's 200 250. Any other guesses 75 150 Maryann and Tom 150 Marissa 150 You nailed it. So, you're all really close so 5150. So people develop disabilities have, on average, one sixth, the amount of social connection. Compared to a person, the average neurotypical person. Right. And that has huge impacts. Loneliness obvious, right, significant health impacts significant health impacts, like connected in with loneliness so there was a research study that looked at loneliness and lack of social capital or social connection and show that it can be as detrimental as smoking two packs of cigarettes a day right so significant health impacts, fewer opportunities, fewer opportunities so think about how you got your first job. Maybe it was through someone your parents knew or maybe it was through. Maybe your neighbor hired you or maybe your dad's friend had a company, and hired you and got a job, we get our opportunities through people through our network. How did we go to our first concert. How did we meet our romantic partner. How did we meet other people, how did we try that new hobby. Right. So, opportunities come through our relationships. And then the other really important thing which we're talking about earlier in terms of answering that question of, you know who's going to be there for my loved one is that social support. Right social support. So I'm seeing in the chat here like wow it's scary. Yeah, right. And, and we need to be really intentional about supporting our loved one, right, we need to be really intentional so that's why we're here, you're here, you're being intentional with me tonight, and I applaud you for that. So, so thank you. So, I want to walk us through. Yeah antic we need to be aware of it right. So, I want to walk us through how often I see families, trying to solve the relationship deficit. Okay, how families. And this isn't every family. Okay, these are just patterns that that I've observed okay these are patterns that I've observed, and I want to share them with you, you might fall into some of these patterns you might not. And wherever you are. Right now, it's, that's okay. Right. That's okay. So, again, it's just awareness of where we are. And then from

again we just stepped over that starting line, right. So, what's our next kind of step forward, right, and we're not going to solve everything tonight. It's not possible. Right. But if we keep taking small intentional steps forward, then that's how we make progress that's how we support our loved one to intentionally build meaningful relationships. That's how we answer the question of who's going to be there for my loved one when I can't be. Okay so, so I want to walk you through these patterns that I see and I want to I'm gonna evaluate them critically. Okay, you might agree with me. You may not agree with me. Right. But, I'm going to give you my critical evaluation. Okay. So, what is the challenge we're trying to solve. Right, so we're trying to solve for loneliness. We're trying to solve for meaningful and real connection real connection and long term social support. Right. So, current and long term. And those things are connected right so let's realize that the current actions and intention that we're taking around kind of solving loneliness and working to resolve loneliness, decreased loneliness has an impact on long term social support. Okay, so what are common, common I'm going to call them disability solutions are common, common special needs solutions, common solutions that are on the special needs path right if you attended workshop, I think it was when we talked about that in workshop one or two, I forget. They've merged together in my mind, too. Thank you, Christine so the special needs path right it's on the special needs path, how are these things being solved, right, or we're trying to solve them. So, one enrollment in programs for people with developmental disabilities or special needs, they're often called special needs programs. Right. And there's many different varieties of them. The second one is paid support filling the friend role paid support filling the friend role. And the third one is super mom or super dad or super sibling. Right. So, how I want to I want to kind of go through an evaluation right how do these solutions, measure up. So, disability programs. So what I'm talking about here I'm talking about people with developmental disabilities, being grouped together for something, it could be to learn life skills, it could be for some sort of day program, it could be in school. It could be in a group home. Anywhere where people are with developmental disabilities are grouped together, and segregated from common or ordinary community settings. Okay, so that's what I'm talking about here. So, how does it How does it measure up, so the current experience of loneliness, while the person is there. I'm gonna I'm gonna give it a checkmark it's a loose check mark it might be a squiggly line or a dash. I don't think it probably does a great job of solving the current experience of loneliness, but there is some sort of current social connection there right now, meaningful in real connection from my critical evaluation, it does not meet that it doesn't you don't get a checkmark right for meaningful and real connection. Why, why, because I think the intention that I see behind it is that if we, if we put two people or three people or 10 people with developmental disabilities together in a program. Then they will become friends and they will have a, you know, thriving relationship. And the problem with that assumption is that people with developmental disabilities are working on building their social skills. There, social capacities, which they have, but it's best to learn

that from people that have strong social skills. So we can't put people together that might not have good social skills and expect them to become friends and be able to maintain relationships. When I see in those settings is often people with developmental disabilities, trying to be friends with the people that work there, the people that are paid to be there. And I'll talk to that in a minute. Around paid support. Okay. Long term social support. Right. Well, there aren't kind of those real connections being built in those settings right there aren't people. There aren't relationships typically that are being built in those settings where that person is going to be there for them over the long term. Right, because we're the people that are, we want to be there for our loved one over the long term, are people that we'll be able to help our loved one to make decisions that will be able to provide that loving and trusting support. Right. So we're, we're thinking about, kind of, who are just kind of typical ordinary people really neurotypical people are typically who were thinking about when trying to answer the question of who's going to be there for our loved one over the long term. Okay, so the special needs programs. Do not do a good job of helping our loved one to intentionally build their relationships, and their support network, right, I'm going to make the argument that there's better investments of our time and energy to build those long term relationships to build real and meaningful connection, there's better, there's better opportunities to invest our energy than here. So, there might be exceptions to these rules, but if you're disagreeing with me I want you to have an open mind and I want you to consider some of these points some of these things that I'm sharing with you, and I want you to think about what is the intention over the long term. Because, to have a loving trusting relationship that's going to be there for you over the long term takes time and takes intention to develop. Second one paid support. Paid support. So, it does an okay job of the first piece around current experiences of loneliness. However, the big caution with paid support that I see over and over and over again and I see this, I've seen this with my sisters paid support as well, right if we're privileged enough to have paid support. Is that the paid supporter acts like a friend. The paid supporter acts like a friend and paid support. Is there because they're being paid, they're not there because they're your friend. And it's wrong that paid support acts like a friend when they're not actually a friend. So that meaningful and real connection. I say real because that paid support or might be acting in that way, but as soon as they're not paid. Are they going to be there. And 95% of the time, the answer is no. There is the exception where the odd supporter does stay connected. After no longer, they're no longer in a paid support role, and I know many people with developmental disabilities who have people like that in their lives. My sister has some people like that in their lives, but the vast majority leave. And they form a huge hole in that person's life because when that person leaves the person with a developmental disability is sitting there saying why did this person leave. Why did my friend leave, who's experienced that, whose loved one is experienced that, whose family has experienced that. Right. Lots of people in the chat. So if you haven't experienced that yet. I want you to be aware of this, and it's a conversation

that we can be having with supporters, right, this is a conversation that I help my sister manage her supporters, every new supporter that we bring in. This is a conversation that we're having with her current supporters, these are the conversations that we're having. And there's a way a strategy to use paid support to build relationships. Right. We don't have time to get into that tonight but, and then long term social long term support right they can be there for the long term, the answer is no because they leave right it's a transactional relationship. So super mom super dad super sibling, okay, current experiences of loneliness. Yes, it can be helpful. I think we're in COVID times I think we might be getting on each other's nerves. We might know how to push each other's buttons really well right now. Right, and maybe I think a lot of us want to see other people, but doesn't okay job the first one, meaningful and real connection. I should have a check mark here. So, I should have a check mark here. Obviously, there's a real and meaningful connection between siblings between parents and an adult child or child, right, obviously, that is a check mark so check game, not an ex check. Long term social support for mom and dad. There's an, there's typically their adult child's gonna outlive them right with advances in health care and technology. So this brings up the question of who's going to be there, over the long term, a sibling might satisfy that point. Might there might be another family member that might be a check there. However, it can feel like a lot of weight to be put maybe on one person right we can, we can kind of get that that sense, because a sibling is not going to be mom or dad. Right, so we need to think about how we can intentionally bring in other people and create that team that network. Okay. Is it helpful. It wasn't helpful for me to go through each of these things that were kind of sorted do are the common things we're doing to build relationships with their loved one, and did give you a critical lens around those is the guy does it have you thinking a little bit differently. Sasha is more confused. We'll try it. We'll try and make you less confused in a minute here Sasha. What I'm seeing lots of yeses. So, Sasha, maybe this will help you, how do we foster, what I would call real connection. Right, freely given loving relationships where both people are receiving benefits of that relationship. I think in our mind, often we think that just the, the, our loved one just the person with a developmental disability is benefiting from the relationship of being in relationship with someone else who's neurotypical, and that's just not the case. Not the case. Right, our loved one has so many gifts to share just our loved ones presence, alone is a gift. Our loved one with a developmental disability, when they're in relationship with other people. My bet is that that's a very different experience than the other relationships that other people have in their lives. And there's some beauty. Within that relationship, for those other people. So to foster real connection we need to think ordinary, what is thinking, ordinary anyone. I talked about this in past workshop. Let me know in the chat. Pop quiz. What do I mean by thinking, ordinary what do I mean by thinking ordinary. You might not have enough time to write it in the chat. Before I answer but let me know what what comes to mind when I say think ordinary. So thinking, ordinary is thinking about, well, how would anybody. Build

relationships. How would, how would a neurotypical person, go about building relationships, how do we, you know, I say we, how does a neurotypical person, build relationships. So if we think about it through that lens, it can be helpful. And there's this formula that I teach inside of the plan my future coaching program. But how do we build relationships, often our relationships are built on common interests. So where can we find the common ground and their person or maybe we find a common hobby. And we intentionally participate in that common interest with that person. And then over time, an opportunity for relationship is created. Right. So, this is a formula I teach how to implement this into my future coaching program. Right. You don't have time to get into today. But I want us to think about, you know, there's, there's a formula for developing relationships but how do we learn relationship skills, let me know in the chat, how do we learn relationship skills. If we think ordinary. How do we learn relationship skills. So Christine by watching others, Donna practice repetitive being involved with others, practice, seeing others, listening, yes to all of those. I'm gonna say, yes, and Teresa modeling right but who are we modeling modeling people that are really good in relationships people that have really good social skills. Right, so modeling people that have good social skills, having the opportunity to be in conversation with people that have good social skills. Right. That's how we learn relationships so going back to my point earlier. If the only opportunity that a person has or the majority of the opportunities that a person has to be in relationships, or in segregated environments with others that might not be that are trying to learn relationship skills themselves, we can't expect our loved one to grow in the area of relationships and relationship skills. Does that make sense.



1:26:52

Yeah.



Eric Goll 1:26:54

So we need to be intentional about relationships, right and one way we can do that is personal support network so I want to share a short video with you here with Donna LC, so I'm going to bring up this short video here and in the video I quickly explained, explain what personal support networks are and Donna shares her experience through the plan my future coaching program, how she supported her son, Graham, to build his personal support network. So, let me see here. There we go. I was looking for the right screen to share. I think one of the things that would maybe be helpful for families to, if we talk about Donna. You mentioned the support circle right so for people watching this that aren't familiar with what a support circle looks like or what it is. It's really just being intentional about a person's relationships and their inner circle right so this kind of go to

people that many of us have, which would include some family members maybe extended family, friends, maybe a partner. So those kind of really close people that we would just pick up the phone and call or text to maybe ask a question or a conversation, but it's just thinking about that a little bit more intentionally for a person with a developmental disability because it might be a little harder for them to maintain that circle or to build it. Those close knit relationships so this is something that we talked about in the plan my future course and how to do it. And a big part of that is inviting other people in right so we talk a lot about that and it's can be a real challenge right just the fear, you can maybe you can speak to maybe some of the things you or barriers you're facing around that and and how you how you broke through it, because I think you mentioned a little bit earlier, like, people were interested they just didn't know how to maybe help or get involved. So, Can you tell us a little bit about your process of inviting others in, and what like I think it'd be helpful for others to hear.



1:29:14

Sure. I'm hearing about the support circle, because I didn't, I didn't know what that was, was really really interesting to us because we think like a lot of Emily's, we just kind of didn't do everything ourselves we didn't typically ask for help when I, you know, understanding about the support circles and in what this is something people do, and, you know, maybe we can do this, but I I like to research and be prepared and I did a lot of talk to you about it and I did a lot of research online and the big thing that I was struggling with was how to ask, what exactly are we asking, so who to ask and how to ask who does what is so difficult because we were very lucky we have really great, great friends and some cousins and we talked to Graham about who he might like to be included so we kind of knew who we wanted to ask but I I really got stuck on how to ask, and I was asking you like templates and examples of I went for this because I wanted to send information around and when people don't understand what we're asking for. And so, you know, it stuck with me sort of said, You know what, what are you asking for you're asking whether these people would like to have an opportunity to be more involved in Grand Slam, you know, have an opportunity to give their, their ideas, give their perspectives. And that's what we were asking, we weren't asking for anything. Longer term bigger than that we were just asking when they like to have an opportunity to be more involved in his life, and and really it's a mutual mutually beneficial. Is that time. No, I did I have put together like a PowerPoint presentation. A little summary of what the circle was the vertical was and it was probably a little too. Information heavy, as I summarized it had a bunch of stuff out and then I just worded a very simple email, and my plan was that I would email everybody. And then I would you know we'd have all these conversations and we could chat and. And so I hadn't already. And it was January 1. New Year's resolutions New Year's Day like that it's something that I would have wanted to get it done last year because we

had done the vision and everything last year. So here it was January 1 now. New Year, and she said, days a day. You know, let's do this right now so I I emailed drafted the email with the attachment together. And then, I sent it out to 10 people. So there's the four of us in our family and then another 10 people thinking maybe we'd end up with six or seven. And every single person said yes. And I was not even like reluctant Yes, it was. I'd be honored to do this. You know I've been, I'd love to be involved. How can I help, what are we going to what can I do, so it's very heartwarming I have to say everybody felt very good about that. And I didn't nobody even wanted to necessarily have this conversation afterwards but the ins and outs of we covered all of that, within COVID hit and we postponed and was born and was born and ended up doing it virtually. Um, but it worked out. So, it was just a question of stepping out of the comfort zone and putting assets.



Eric Goll 1:32:57

Yeah. Awesome. Awesome. So, let me turn my camera back on here. So, I love to hear from you. What stood out from you, for you. With that short video with Donna, and I what stood out. What stood out to you. Was there any anything that stood out or any kind of key nuggets of gold. Let me know in the chat. So Paula, the courage to reach out. Others we're thrilled to help. Thrilled to help ya Suzanne, and that she reached out to others to help. Yeah. All of them said yes. The fear of asking the prompt to ask. Not sure what she's asking for right getting clear on what she was asking for scary but rewarding. Right. What to say this idea of asking out, asking others, inviting others in who does that feel scary to let me know in the chat who does that feel scary to that feels scary to you. Does that feel scary to you. I think it feels scary to all of us. Because there's this fear of rejection. But I think Donna's point around. What am I asking for, what am I asking for. So the coaching that I give families, and the conversations that we're having is, we're not asking the big question. We're not asking inviting others into the big question we're not inviting. You know, others into. Will you be there for my loved one when I can't be. That's a big question. That's a hard question to ask. And a hard question to say yes to. So, we're asking, you know, when working with me in the plan my future coaching program. We're gonna work to find the question that's easy for people to say yes to. And that's the starting point. And that's where we can be really intentional. Right. And slowly take small steps forward. And over time, that big question, we might not even have to ask it. People might just say hey you know what, right. So, it's simplifying right and there might be a series of small questions that we asked over time to start to invite people in. Right. Like a simple a simple a simple way, like I'll give you kind of one simple way that we work on asking others and actually I give you, we're going to talk about in a better strategy here for you create a strategy for you. So, inviting others in, I almost forgot. I was like I was about to go on this tangent I'm like, Eric, you got it on the slide. So, inviting others in, you got this in your workbook too. So, inviting others in. So this is hard. Right. Um, but we can

do it so what's the strategy. Right. Make the Ask really really easy to say yes to. So, an example. We're working on building an awesome ordinary life vision with our loved one. I love to know your idea about this. Right. I love to know your idea about how we can make this even better. Right, so that's a place where you can, where you can start where I support families to invite others in because when we're when we're creating that vision piece. Right. When we're creating that vision piece, we can think about when we ask others for their ideas they give their ideas they become committed, they become attached to their ideas, right. So, let me see here. Okay, so inviting others in. So I just want you to, we're talking about connection, right now, right, so we're actually going to, let's work through this. So, we're talking about connection social connection, who can one person be that we invite in with our loved one for that our loved one wants to invite in, it's someone I want you to think of someone that has good relationship skills that they can model from that they can learn from. Right. What do you think of that one person has good relationship skills. They know our loved one, maybe they already have somewhat of a relationship with their loved one, but maybe because of COVID. They haven't had that connection, it could be a family member, could be a cousin. Could be a neighbor. Could be a grandparent. Right. And right so the ask, what's what are we going to ask them right so I guess. Step one, so I jumped to step two, what are we going to ask them. We're going to ask them if they would be open to having a conversation with our loved one, maybe once a week or once every other week. Just a quick chat, just a Hey, how are you, just to connect in video call, I recommend video call if that's available because being able to see each other is really important. Right, especially right now. Right. So, just to have a check in with someone once a week, once every other week, it can be five minutes or it can be an hour, it can be one minute it can be 30 seconds to start right just starting somewhere right so just a short connection, once a week or every, every other week. That's a pretty easy ask fairly low commitment. And that person would probably love the opportunity to chat with their loved one. If our loved one child, maybe doesn't have verbal communication, then video chat would be a good, good way to be able to see facial expression, you know, some creative things that I've seen families do is like read a book right so maybe find a common topic that the person is interested in, and to just, hey let's let's read this book together for half an hour every week or every other week, or to look at pictures together and just talk about, you know, for the person maybe talk about the picture and whatnot so there's creative ways that you can you can approach this if the person is nonverbal so and then identify the person to ask someone that's already in close proximity to relationship, identify the best person to make the ask. Maybe that's you. Maybe that's your loved one with a disability, maybe that's your partner, maybe it's their sibling, but some of us are better at asking than others. And then step four, just do it. Make the ask, make the ask. So I want to put this challenge or this action step out there because we can all use more social connection. Now, I want to give you an example a family that I work with their loved one doesn't. You know, isn't familiar on how to use the phone. But over

time they worked with their loved one to be able to look at pictures on the phone to be able to read text messages to then send text messages right so kind of small steps and building on them, and then it turned into hearing other people talk on the phone on speakerphone, and then it turned into, then having a short conversation on the phone, it was like Hi, bye. Right. Some people wouldn't call it a conversation but it's a starting point to the conversation right so against the small steps to work toward that. But having someone that's willing to work on that with you in terms of that social connection. Okay, so this is a starting point that I think many of us can take and maybe the example that I just gave you. You have to take a few steps back maybe before you get to this point. Okay. So, I want you to just keep it really simple, right so thinking about that one person you can invite into that intentional connection. Right. So who's who's up for who's up for taking a step forward to inviting one person into intentional connection. Allison, I can do this Donna, I am. Yes. Okay, seeing a bunch of yeses Teresa, we are going to try I will, so it's just about taking that next, next step. Okay, so you've got some steps laid out in front of you. Right. And we're not going to jump to the big question right we're not going to jump to the big question. So, lots of people are in for the action steps it's worth the effort. I can do this right, give me a, I've got lots of yeses in here but give me an I can do this Pam gave me yes I can do it. Give me a yes I can do this. May, how do you tell the why to a neurotypical friends so I'm curious what what would your thought be, May, what would your thoughts be on how to approach that right, we're offering an opportunity for another person to be in relationship with our loved one, as Donna mentioned. People were thrilled when they received the invitation. Often, I think often we're scared to ask, but so is the other person on the other side of that relationship, they're not sure how to ask maybe they're not sure how to interact with our loved one, so we can give them a little bit of guidance on how to interact with our loved one that goes along with. Right. So that might be helpful for some folks. So, doesn't it feel good knowing what your next step is to move forward, right, regardless of where you're at right there's an opportunity for us to invite our loved one into more or others into more connection intentionally with our loved one. Awesome. So, was, was that really helpful around relationships, let me know in the chat, like did you learn something there around relationships. What, what did you learn about relationships, what what was a key thing that you learned about relationships. What was the key thing you learned about relationships, and I'm going to jump back up here to our empowering ability blueprint need to ask baby steps. Yes, get over the fear. Yes. Yes, and my son was listening to amazing start the process be intentional be intentional be intentional start small. But we need to ask, right, so that's relationships. Wow, we would we would pretty deep relationships today right there's more strategies, there's more kind of those next small steps that we talked about inside of the play my future coaching program so relationships. Okay, we're gonna go through these real quick. Contributions contribution is all about supporting our loved one to be valued in society right people with developmental disabilities are devalued in our society. And we need to work towards

helping our loved one to gain more valued roles because if you're with me in workshop number two, right, what is the first question that other people ask us when we meet them, or even if we go to a family function. What are the questions that we're being asked, pretty much immediately. Right, we go to meet someone, it's like, Hey, you know, Donna Hey Eric Howard, you know, how are you, once you get past that, what do you do, what do you do, what do you do for a living. It's helping our loved one to build a good answer to that question whether that's paid work, a paid job, part time job use a couple hours a week starting there. How are they contributing community How are they contributing in their home right there's opportunity to contribute in our home right now, and we talked about that in an earlier workshop, right so contribution, super super important, and relationships feed contribution contribution feeds further relationships capability feeds both of these, it's all interconnected. Right. And it's all interconnected with home. Home we often. Who here is focusing on home right now. Who here is focusing on home and we often call this housing. Right, we often call this housing, and we get stuck on affordability. But who's focusing here right now. There's some of you focusing here right now. Marilyn Christine not yet but soon. Rachel Yes. So, does it make sense that we really need to understand our loved one, help them focus on capability give them opportunities to grow, help them build relationships, help our loved ones be more valued in society help them grow help them build a meaningful day. Does it make sense that we need to really work on all of these and that's actually connected into home. Because when we think about home. It's bigger than just a physical building. Right. It's what's the best home for our loved one mapping out that best home, but also thinking about, well, how is our loving going to spend time in that home. Who are they going to, who are they going to spend their time with, what are they going to do, how are they going to do it. All this is connected into home. Often we want to go here. Like, often I had families come to me like Eric helped me here. I can help you here, but we got to talk about all these things. Does that make sense that we need to look at it holistically. Let me know in the chat is that is that making sense to look at look at our loved ones. Awesome, ordinary life holistically. Awesome, and support and finances, it comes after home because we want to build a plan, a vision for all of these things because we want to understand what is the right amount of support to live out that awesome ordinary life. What are the finances needed where the, where can we start to separate, like, One of the things I work on with families is thinking about how do we separate finances, how do we separate into different, different types of finances different sources of finances, to be able to enable our loved ones to live the life that they want to live. Okay. How do we maximize support right because support isn't remember we talked about support not the friend. Right, so we got to, we have to work on now. But how do we leverage support if we have supported for privileged enough to have support. Or maybe we have a little bit of support, how do we use that as an invested to yield a return, rather than that support person pretending to be our, our loved ones friend, or just kind of like sitting on the couch not doing much right so how do we

really intentionally invest that support to support finance. And then lastly, we've got awesomeness. So it's thinking about what are the other areas of our loved ones like fun adventure spirituality, culture, love. Right, creating a vision for those areas too, because we're thinking about life holistically, right. So, isn't it helpful seeing how all these things, connect in together and I know we went deep into relationships today, so no that's a really important one for us. They all are important, but is it helpful to see how it's all interconnected, and they all support each other. And this is, again this thinking. This process is applicable anywhere. Geographically, no matter what city, town state province country you live in. Right this, this is applicable. Okay. All right. Is that helpful. Is that helpful to see that. Is that helpful. Let me know in the chat, is it helpful to get that some of you haven't seen the empowering ability blueprint yet, so too helpful I know some of you it's a it's a very quick review. Awesome. Okay, so here's the thing though, right. You're busy. You're busy, never feels like you have the right, never feels like it's the right time, until it's too late. But I want you to know it isn't too late It's never too late, but the best time to start is now. And y'all committed with me, who's still committed, like we took that step over it, we said we're gonna engage right we take that took that step over the start line. Alright, did you take this step backward. Are you still, are you still over the start line with me, you still over the start line, still committed still gonna do it. All right. Awesome, 2021, you've committed. Moving forward, right so starting now is important but so is focusing on the right things, right, and hopefully you've seen through me going deeper on relationships that if we focus on the right things with the right intention, we can make a lot of progress but if you don't focus on the right things, then we're going to get a lot of the results that we've been getting. So one question that I often get is, how do I engage my loved one. How do I engage my loved one in this process so I know that there's some self advocates here which is amazing. Some people are like, you know I want my own life, like can you help me do it let's let's figure this out together. That's great. Some people are on the other end of that spectrum. So self advocate might be like You know what, like, I'm fine with the way things are. And there might be other things within that from previous traumas or anxiety, etc were just very adverse to change. So there's different ends of the spectrum right so some people might make sense to come on the live, it might make sense to be fully engaged, some people, we might need to start a little bit more slowly. We might need to ask, maybe some questions that they are open to answering. Or if again if our loved one doesn't have the communication then to maybe slowly start having more of these conversations around them, and observe their, their reaction, their maybe body language, or how we best know our loved one, right, and then there's kind of that whole spectrum in between but it's working with our loved one, not against them right trying to figure out how to best work with our loved one. Right. So this is the work that I do this is as Emily mentioned earlier right like you could probably sense this from me that, like, I'm all in. Right I'm giving 100% right so I'm giving 100% right which is 50% of the equation. I need your 100% for the other 50, right, and it can feel so lonely trying to do this alone. Some

fam like the families that work with me, and together with the other groups of families that I support. It's helpful to have maybe a guide to move forward, right. So I'm curious, let me know in the chat. Give me 110. Thank you, Donna, I'm bringing it Okay, so let me know in the chat, what, what, you know, what's your biggest takeaway. What's your biggest takeaway so far from today what's your biggest takeaway so far from today. Let me know in the chat What's your biggest takeaway from today. Disa, I'm not sure if it's dis dis or Disha, so my apologies if I'm pronouncing that incorrectly, but I just lost what she said. There it is engaged, engaged right so stepping over that starting line. Suzanne how to deal with our own stranger danger for our loved one. Okay, maybe you can write some more clarity around, around that Suzanne I'm not sure if I got you there, which you're exactly trying to communicate. I'm jumping over the starting line love it intentional relationships not alone, step by step, taking that first step just starting. Amazing so many comments here. Share your biggest insight so far from today, share it in the chat. So, I want you to imagine what's possible. Right, so, Donna talked about her son Graham and, you know, inviting others in and getting an overwhelmingly yes from 10 people. Right. You know, that type of thing is possible for your level and maybe you don't start with 10, I don't actually don't recommend, start with 10 people right. I think Donna was hedging her bets, because she said six right so I, my starting point is typically like between five and eight is my framework, right, and that includes you right so that's. So, it's a help expand your mind in terms of what what's possible right and an awesome ordinary life is possible for your loved one. So I really just want to share my family story and how my sister's life has completely transformed. So, in 2015, my family went into crisis. My mom was more or less a full time carer for my sister and she just couldn't do it anymore. I get a phone call I'm, I'm at work. I'm working for a small tech tech company started a tech company at that point time two in the afternoon. My phone's on my desk it lights up and I see my mom's number I'm like why is my mom calling me at two in the afternoon on a workday so I pick up, and I could hear the shaking in my mom's voice and she says Eric. I can't do it anymore I'm like what do you mean you can't do it anymore mom she's like, I'm done like I'm burnt out Sarah has to move out. And that was, that was a changing point in my life. Really in all of our lives in in in my family but I decided to step in and step forward. I took that step over the starting line, and went on this learning journey to support my family to move forward because we assume that government programs government supports we're going to help us, but there was nothing. There was nothing. So, what was really possible that was in plain sight I was living with my friend Sam, who is a young man that has a developmental disability but Sam. And so, Sam had a paid job. He has an development disability and a physical disability but he had a paid job, part time job. He had his own place. He had a support network, a circle support circle. And I was living with Sam, as a roommate at the time. And just through conversations with Sam's Mom, I realized that life was available that was possible for other people with developmental disabilities that was possible for my sister, and the light bulb went off. But then the question is like how the heck do you help a

person to do that. Sam's family had spent 25 years to help him to get there so I was having many conversations with Sam's mom but I had to do a lot of learning. Right, I had to educate myself. And I did that through really trying to learn from the best disability leaders in the world so I did that by starting a podcast. I don't want you to have to start a podcast, to go and learn all these insights okay, but that's the lengths I went to right and I guess I was a little bit creative just from like my, my experiences. I was like, how do I reach these people to learn. So we started a podcast. And I interviewed 60 disability experts from around the world and started connecting with other families and as I was learning I was implementing with my family, with my sister with my mom and my sisters, my sisters today. So, my sister Sarah in August 2020 during the pandemic moved into her own home, and this is Sarah and with her pet cat, Annie, so you can see the huge smile on her face. She just loves having her own place. This was a six year journey, a six year journey from mom burning out to Sarah getting her own place. Okay, so it takes time, it takes time. Right. But it took a lot of learning and intention I want to help, like, I want to help you move in this direction with more ease and faster and easier right and not feel alone in doing it. So, these are some of the families that I've been able to partner with inside the plan my future coaching program so you can see, you know, either they're growing their capabilities you got some people, you know, we've got Cameron and Sarah here. Not my sister Sarah but doing some cooking right and growing their capability at home, we've got Gabby walking the dog being a contributing adult to her home to her household in the bottom corner. We've got Jonathan getting his first paid job was incredible. We got Keith getting his own home, we've got Nick contributing in his community in his local walking group right so just all examples of how people are growing and moving forward and taking small intentional steps forward, right. So, this type of life is available for your loved one, as well. So, for some of you that haven't heard about it, or if you want to hear more about it. Who would like to learn more about the plan my future coaching program, let me know in the chat if you want to hear more about the plan my future coaching program. And I know some of you are here that have joined already so if you've joined already, like, um, I've already joined and super grateful that you're you've joined us, and that you are are with us. Awesome. So, Lydia, are you joined dishes already joined Eric's already joined amazing. Okay, so lots of folks here want to learn more lots of you have already joined so amazing amazing amazing so let me I want to give you the quick overview of what the plan my future coaching program is and how it's going to support you to move forward and so you're not going to be alone, moving forward now that you've stepped over that starting line right so it's designed with families right so as a family member. I took my learning. And then also learning with other families and built the empowering blueprint, empowering ability blueprint, the pathway forward. This program walks you through that step by step by step, and you get my support to walk through it right so it's going to help you build that plan. Build your vision and get to know how to make that vision happen right so it's the pathway to help you get results faster and easier,

it's delivered over eight modules so each one of the points on the empowering of blueprint, empowering ability blueprint. We spend two weeks on that, roughly, and I guide you through each of those steps in detail, step by step, to learn and build your plan and we do it as a group of families together because there's an opportunity for us to share experiences with each other, to share ideas, and there's so much magic that happens when doing this together as families because one of the things we do is we celebrate each other's wins. And it's inspiring to see other people take steps forward and you're like wow that family did that, I think we can do it. And it's examples, it's, it's, because we with vision we trust our eyes so much right so oh I see somebody else doing it now it's real for me. Now I can take that step forward. Oh that family can share how they did it. What worked for them. Right. So Registration is open now, and it's open until March, 4. So, March 4 so it's open for a few more days. So the course formats delivered over 14 weeks online. It's a combination of video lessons to guide you step by step through the EA blueprint. Okay, so the pathway we just walk through. So there's a module with about eight lessons for each of the steps in the EA blueprint so for example capability will have eight video lessons that take about 90 or so minutes to go through and they're broken down, so 90 minutes total, they're broken down into about 10 to 12 minute videos so small chunks. So if you got 10 minutes you can hop in do a lesson and hop out right so it's it's designed to be accessible. And then there's workbooks that guide you through the learning, and building your plan. Okay. And then on top of that, so there's the video lessons and then on top of that there's eight live zoom calls, okay where you're going to be able to do more learning, connect with other families and ask questions. Okay, so it's, it's, there's different ways that you're going to be able to engage and learn and to plan my future coaching program about 90 minutes per week roughly over those 14 weeks to, I see families that are getting the most value out of the program to spend about 90 minutes per week. If you can't do that, I understand it, right, we're busy, but you've got access to the program for a year. Okay, so even if you miss a live, it gets recorded it gets put inside of the course, you can come back to it and you got access for a minimum of a year. Okay. And then there's a closed community close social community where you can connect with other families, and also you can get your questions answered. Right. So a big part of this is getting your questions answered. So, at the same, so you're gonna be learning and planning. At the same time, and you're gonna be doing some of that inner work right we talked about some fears a little bit earlier, right, so we're going to help you move past some of those fears we're going to help you reach out and make those easy to say yes to invitations we're going to help you do that thinking will help you, you know, think through those invites. So, we're going to walk through each of these areas in the empowering ability blueprint right, first we'll do engage which is available immediately to you when you register for the plan my future coaching program. And then we're going to all start connects together on March, 8, and then two weeks later, we'll start capability two weeks after that we'll do relationships and contribution home supports and finance and awesomeness. So, it comes with some

bonuses, right, it comes with some bonuses so bonus number one is a second family member access bonus so we talked about bringing other families in, family members, sorry, bringing other family members so it could be a sibling could be a spouse, it could be your loved one with a developmental disability, but giving them direct access to the course so they can do the learning beside you at the same time. This allows you to get alignment to share ideas to have conversations. Right. Not all families use this because they're like, I'm not maybe I'm not ready quite ready for that yet, but it can be accessed at any time. Okay during that year, bonus number two, you get professional feedback so you get feedback from me on your vision on your learning at the end of the program. Okay, so after the 14 weeks there's an opportunity to book a one on one call with me, and we go through your plan and I help you make it even better, even more awesome. Okay, bonus number three. So there's four live coaching calls. So, these coaching calls are where we get together and as families I talk one on one with families to help you get unstuck to help you move past a fear to help you plan to help you strategize to help you, vision, okay. So, these coaching calls typically I'm coaching four to six families, and other families are listening right this is a safe space but families are listening, and there's a lot we learn through just listening through about other families, by other families sharing and talking because we often have similar situations or we might bring up more awareness around our own family situation so huge, huge value in these coaching calls. Then there's four live family connection calls so in these family connection calls we're going to do some learning, but we're also going to connect with each other because I'm not going to pretend that that I know absolutely everything. There's so much experiential knowledge that you have that other families are going to benefit from. So I work really intentionally to allow you to foster connection with other families and learning family to family. And then there's seven live q&a calls, so every other week on a Friday. I'll go live. And I'll answer all the questions that have been coming in and we'll take some live questions if people join us live this is also recorded and goes inside the course bonus number six. If you know another family so you're connected with another family that has a loved one with the development of disability. Once you sign once you register for the plane my future coaching program, I'll send you a bonus code, you can invite that other family and gift that other family 20% off. So I also offer a guarantee so I've intentionally included 100% 30 day money back guarantee. Right, so this allows you to sign up for the plan a future coaching program try it. And if you feel like it's not a fit, then let me know and I'll refund you so it's simple. If you're not happy, I'm going to refund you your money,



2:08:06

because



Eric Goll 2:08:09

I wouldn't feel right keeping your money right as a family member, I would not feel right. Keeping your money if you were not satisfied with what I'm delivering I'm as a family member, I understand the family experience and dynamic. So, I wouldn't feel right, keeping the investment that you've made. If you don't feel that I am serving you. So this is a proven pathway to help families make progress faster and easier. So, your investment. The plan my future coaching program plus all of these bonuses is \$497, Canadian \$497 Canadian I live in Canada. But remember, this is the plan my future coaching program is applicable anywhere geographically as I've, as I've shared and it's helped families across Canada across the United States across. As far as New Zealand, Australia. So if we translate that 497 in Canadian dollars so you pay in Canadian dollars but if you live in the United States or somewhere else. It translates into about \$397, USD so you get a discount. Because the United States dollar is worth more than the Canadian dollar right but there's over \$1800 in value. So, I invite you to join us and register in the plan my future coaching program I invite you to register so there's a link in the chat Thank you, Emily. So I encourage you to jump in now and register and join us in the plan my future coaching program, and I'm going to answer questions I see some questions are coming up so put your questions in the chat but before I get to that. Okay. Um, reason to invest now so the longer we wait, it becomes more challenging to create your solution for your family, right, and we've stepped over the starting line, it's easier to go on this path together than it is alone. Right, so this offer is only available until March 4 at midnight. It's an incredible offer the bonuses are awesome, and it's all designed to help you make progress. So join us. join us. I would love it if you joined us. I would love it if you joined us. So, I'm leaving the link in the chat again, and I would love you to join us. Some of you have already joined us. So if you've joined us again, welcome. Let me know in the chat if you've joined us already I know many of you have.