

Self-Management Confident, Connected & In Control

Thursday 30th July & Thursday 6th August
Online workshop



www.cru.org.au

Due to the COVID-19 restrictions on events, we are offering some workshops online.

About the workshops:

Self-managing doesn't have to mean doing everything on your own.

Come to one or both of these short **online workshops** to share creative ideas, develop the confidence to self-manage well, and connect with other people on the same journey.

Workshop 1: *Starting to Self-Manage with Confidence*

Thursday 30th July 9.30AM - 12:00PM

Are you just starting out with self-managing your NDIS plan, or wondering if self-management is for you? Join us for an interactive 2.5 hour **online workshop** that will de-mystify self-management, examine the benefits and challenges and give you some steps to help you to get started.

Workshop 2: *Self-Managing for the Life You Want*

Thursday 6th August 9.30AM - 12:00PM

Self-management really means taking control: of your life, your supports, and often a team! This interactive **online workshop** is about how to self-manage well: by being clear about your vision for the life you want, finding the right people for the job, and building a team of paid and unpaid supporters.

Who should attend?

These **online workshops** are for people with disabilities and their families who are self-managing their NDIS supports, or who are interested in moving to partly or fully self-managing.

What do I need to participate?

You will need a computer or device with internet access, speakers/sound and a microphone. Using online platforms to hold events is still fairly new to CRU. We will be using the video meeting platform **Zoom**. This will be an interactive session and will not be recorded. **Please contact us if you have any questions or concerns about your ability to participate.**

About CRU:

For over 30 years, Community Resource Unit has been working across Queensland to help people with disability take control of their lives and take their place in their community.

**“Until we did this ourselves,
money was spent on
things I wasn't interested in and
that is a waste.
I used to feel like a square
peg in a round hole;
now I'm making the hole just
my shape.”**

David Goldsmith
CRUcial Times 43, 2012

Dates:

Workshop 1: Thurs 30th July
Workshop 2: Thurs 6th August

Venue: **On-line**

Time: **9:30 AM – 12:00 PM**

COST: Participation is **FREE**
but registrations are
essential.

RSVP:

Workshop 1: Mon 27th July
Workshop 2: Mon 3rd August

Register via the link:

<http://cru.org.au/events/>

To view CRU's cancellation policy please
visit this link

<http://cru.org.au/about/policies/#cancellation>

*If you need help registering, or other
support to attend & participate, please
contact CRU.*



Expanding Ideas; Creating Change

Level 2, 43 Peel Street
Phone: (07) 3844 2211
P.O. Box 3722
South Brisbane QLD 4101
cru@cru.org.au www.cru.org.au
ABN:16 143 460 250 ACN: 617 860 009

This event is subsidised by the National
Disability Insurance Agency through an
Information, Linkages and
Capacity Building (ILC) grant.

