# Self-Management: Confident, Connected and in Control

### Thursday 30th July & Thursday 6th August 2020

### Online Workshops

### Community Resource Unit Ltd

## 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 **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, and speakers or sound with a microphone. A lot of speakers and headphones have microphones built in. Ideally you will have a webcam.
* 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 with opportunities to ask questions and talk to other people, and will not be recorded.
* Please contact us if you have any questions or concerns about your ability to participate.
* If you need help registering, or other support to attend and participate, please contact CRU.

## Event Details – Workshop 1

### Date and Time

* Thursday 30th July 2020.
* Start time: 9:30am. Please join the Zoom meeting a little early.
* Finish time: 12pm.
* This online workshop is called **Starting to Self-Manage with Confidence.**

### How to Join on the Day

* After you have registered we will email you a link for the online workshop.
* You may want to install the Zoom app to your computer or device.
* If you do not want to use the Zoom app you should be able to use Zoom through a web browser.
* If you have not used Zoom before, we **strongly recommend** you test it before the day.
* Please contact CRU before the day of the workshop if you have not used Zoom before and would like some assistance.

### RSVP – Workshop 1

* Registrations for Workshop 1 *Starting to Self-Mange with Confidence* close on Monday, 27th July.

## Event Details – Workshop 2

### Date and Time

* Thursday 6th August 2020.
* Start time: 9:30am. Please join the Zoom meeting a little early.
* Finish time: 12pm.
* This online workshop is called **Self-Managing for the Life You Want.**

### How to Join on the Day

* After you have registered we will email you a link for the online workshop.
* You may want to install the Zoom app to your computer or device.
* If you do not want to use the Zoom app you should be able to use Zoom through a web browser.
* If you have not used Zoom before, we **strongly recommend** you test it before the day.
* Please contact CRU before the day of the workshop if you have not used Zoom before and would like some assistance.

### RSVP – Workshop 2

* Registrations for Workshop 1 *Starting to Self-Mange with Confidence* close on Monday, 3rd August.

## Cost

* Participation is FREE but registrations are essential.
* This event is subsidised by the National Disability Insurance Agency through an Information, Linkages and Capacity Building (ICB) grant.

## Register to Attend

Registrations are essential.

### Register for Online Workshop 1, Starting to Self-Manage with Confidence

* Register online at <https://events.humanitix.com/starting-to-self-manage-with-confidence-july2020>
* Registrations close Monday 27th July.

### Register for Online Workshop 2, Self-Managing for the Life You Want

* Register online at <https://events.humanitix.com/self-managing-for-the-life-you-want-august2020>
* Registrations close Monday 3rd of August.

## Cancellations

CRU's cancellation policy is on our website. Please use the following link: <http://cru.org.au/about/policies/#cancellation>

## About Community Resource Unit Ltd.

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.

## Contact Community Resource Unit Ltd.

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