

7 STEPS TO SELF-DIRECTION

A practical framework for how to direct your own supports in a cohesive, effective and long-lasting way

WORKSHOP OVERVIEW

WHO IS THIS WORKSHOP FOR?

This personalised workshop is ideal for people with disability and the supporters around them who are interested in moving to, or improving self-directed support arrangements. Your support network might be made up of family, friends and workers and you are encouraged to bring along as many people from your team as possible to embed the workshop learnings.

This workshop is tailored to you and your team, and depending on your needs and location it can be delivered face to face or online.

COURSE OUTLINE

Facilitated by Sharon Bourke, "7 Steps to Self-Direction" shows you how to build the right relationships in your team to foster respect and a common understanding of what good support looks like for you.

The 7 steps involve intentional thinking and planning and are covered in detail during the workshop. The workshop is very interactive, with ample time for brainstorming, sharing ideas and asking questions. This workshop is not about self-managing your NDIS funds, but rather taking charge of your life more broadly, regardless of how your funding is managed.

DETAILS

\$2000*

Workshop by request for individuals and their teams (includes course materials)

ONLINE WORKSHOP

3 x 3hr sessions

FACE TO FACE WORKSHOP

Full Day

*not including presenter travel costs, catering or venue



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Expanding Ideas; Creating Change



7 STEPS TO SELF DIRECTION

1. Start with the person
2. Develop a vision and plan
3. Make a good match
4. Learn to support the person well
5. Build relationships of trust in the team
6. Solve problems quickly and creatively
7. Check for resilience

ADDITIONAL INFORMATION

Enquiries: For more information, please call us or visit the "Fee for Service" page on the CRU website

Learning Objectives: Please refer back to our website for Learning Objectives for this workshop. They should assist NDIS participants and their supporters to determine if they relate to the participant's goals.

Fees & Cancellation: If price is a barrier then please contact us to discuss your options further. To see our cancellation policy please visit our website.

"7 Steps was brilliant and well moderated by Sharon. Her insight was astonishing and so beneficial"

FEEDBACK FROM A PARTICIPANT

"It was so valuable to bring family and workers together as a team to work on new and stimulating ideas"

FEEDBACK FROM A PARTICIPANT

ABOUT THE PRESENTER

Sharon Bourke is a skilled facilitator and professional development consultant who is one of the creators of the 7 Steps framework. While at CRU, Sharon has worked with multiple families & organisations to promote rich & meaningful lives for people with disability. In partnership with her youngest son Dan, Sharon has chosen to self-direct his support. Sharon has a deep and practical understanding of the disability sector, the NDIS framework & what it takes to self-direct supports successfully.

