



# Seven Steps to Self-Direction

How to work with your team to put the right supports in place to live a good life



Community  
Resource  
Unit Ltd.

*Expanding Ideas; Creating Change*

## Expression of Interest Online Event Info:

Are you looking for practical ideas on how to direct your supports in a cohesive, effective and long-lasting way? The 7 Steps to Self-Direction shows you what needs to be in place so that a self-directed arrangement has the best chance of success.

This 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 the 7 steps show you how to build the right relationships in this team to foster respect and a common understanding of what good support looks like for you.

This popular 1 day workshop has been redesigned into an **online series of 3 interactive sessions** being facilitated by Sharon Bourke. There will be a total of 3 teams participating, which can be made up of extended family, workers and other supporters. You are encouraged to bring as many people from your team as you can (maximum 7 per team) to embed the learnings and maximise the benefits.

- November & December 2020 (Dates TBC)
- \$1500 per team (up to 7 per team)
- 3 x 3 hour online workshops
- 7 Steps workbook + additional resources
- 2 x individual follow-up consultations

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The 7 steps involve intentional thinking and planning and are covered in detail across 3 online workshops. They will be very interactive, with ample time for team strategy, sharing ideas and questions. This is a fantastic training opportunity for staff and you will also receive supplementary resources along with 2 x 90min individual follow up consultations with Sharon.

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

*"This was a good and different way of understanding who people are and what is important to them"*

**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 funds that support him. Sharon has a deep and practical understanding of the disability sector, the NDIS framework & what it takes to self-direct supports successfully.

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

*"7 Steps was brilliant and well moderated by Sharon, whose insight was astonishing and so beneficial"*

## NDIS Participants

See the Learning Objectives on the event's page of our website to help you decide if this is a reasonable and necessary support to help you (or your family member) achieve your goals.

### How to Register your Interest:

- Please register your interest on the Events page at [www.cru.org.au](http://www.cru.org.au)
- You will then be contacted by a CRU team member to discuss dates and the booking process
- Numbers are limited to a total of 3 teams participating (up to 7 people in each team)
- Want to include more than 7 from your team? Contact CRU for individual workshop options