## **Contents**

Introduction v
ORIENTATION ± 1
WORKSHOP ♣ 5
SESSION 1: Dreaming To Open Possibilities ▲ 19
SESSION 2: What Is Important to Me? <b>4</b> 23
SESSION 3: Creating Options for Long-Term Goals 27
SESSION 4: Setting Goals 🛓 33
SESSION 5: Choosing Short-Term Goals 4 39
SESSIONS 6 AND 7: Planning the Steps To Reach a Short-Term Goal and Planning Actions for the Steps 43
SESSION 8: Taking the First Step 47
SESSION 9: Creative Barrier Breaking 🚣 53
SESSION 10: A Little Help from My Friends ± 59
SESSION 11: Alburney to Self-Determination <b>±</b> 67
SESSIONS 12 AND 13: Assertive Communication I and II ± 71
SESSIONS 14 AND 15: Negotiation and Conflict Resolution <b>4</b> 79
SESSION 16: Where Do We Go from Here? <b>±</b> 85