



NEW THIS FALL 2024
SELF DIRECTION BUDGET APPROVED

****Reaching New Heights****
COMMUNITY PARTICIPATION CLASSES
For Young Adults with or Without a Disability

Learning new skills
Experiencing new people
Making new friends
All community based

Weekly one on one sessions

Weekly group classes

Keating Coaching helps people with or without developmental and intellectual disabilities find their place in the world. We work with teenagers and adults – as well as their parents and caregivers – in person and virtually across the United States and Canada
keatingcoaching.net 631-807-5328 keatingcoaching@gmail.com

****Reaching New Heights****
COMMUNITY PARTICIPATION PROGRAM
FOR YOUNG ADULTS ON THE SPECTRUM
Starting This Fall

COMMUNITY PARTICIPATION PROGRAM is run by a Life/Transition/Integration Specialist and Life Coach who specializes in working with young adults on the spectrum, as well as other adults wanting to improve their lives.

COMMUNITY PARTICIPATION PROGRAM emphasizes confidence building and strategic planning allowing participants to make connections in their community initiating change in their lives.

If an individual has ever had state funded services, for instance, having a direct support professional provide com hab hours, or has been in public school provided with a 1-1 aid, you know what a key role that support plays when it comes to making progress. But what about exploring those abilities even further? Who can help with that?

What if your child wants to be more independent, maybe do things more on their own? Who is helping them succeed? Maybe they want to work a few hours a week. Who is reaching out to local business owners to set up job interviews or internships? Maybe they would like a few to feel the feeling of contributing and being out in the world. Perhaps they volunteer some time weekly? Who is calling the local nonprofits in your area and setting up volunteer opportunities that would suit them? Maybe they would like a few friends to connect with. Who is finding local social opportunities or reaching out to help them develop friendships?

Everyone wants the best for their child. Everyone wants to see them succeed, progress, and be happy. If your child needs to have a better role in the world then they do now, this program is for them.

The **COMMUNITY PARTICIPATION PROGRAM** can help by:

- Participating in weekly one-one sessions and group classes virtually or in person
- E-mailing modules of specific topics that the individual is working on
- Keeping in contact during the week by emailing personal videos for inspiration and reminders
- Offering monthly parent meetings and webinars on hot topics

Program starts Fall of 2024: Space is limited
For more information call or text 631-807-5328
to schedule a free consultation

<https://calendly.com/keating-coaching/15-minute-consultation-clone>
or visit keatingcoaching.net

About Your Coach

- **Certified Employment Support Professional (CESP)** by the Association of People Supporting Employment First (APSE) **APSE** is the only national organization with an exclusive focus on integrated employment and career advancement opportunities for individuals with disabilities.
- **Certified national certificate of achievement in employment services** joint effort by Griffin/Hammis and Association of Community Rehabilitation Educators (ACRE) areas of focus included: Customized Employment Personnel: Discovering personal genius, customized jobs, self-employment, Social Security benefits, and work incentives, PASS PLAN Coordinator.
- **Life/Transition/Integration Specialist:** Board certified coach (BCC) from the center for credentialing & education, Inc. The National Board for Certified Counselors is a well-established organization that has been in operation for over 100 years. The B.C.C. credential is well received and nationally recognized in the coaching industry.
- **Life Coach (CLC)** and **Certified Life Purpose and Career Coach (LPCC)** by Life Purpose Institute. Accredited by the International Coaching Federation (ICF) – Accredited Coach Training Program (ACTP).
- **College Coach:** for Asperger and high functioning autism, certified from Linda Geller Ph.D. Asperger center for education and training

****Reaching New Heights****
COMMUNITY PARTICIPATION
PROGRAM

For Young Adults On or Off The Spectrum
Starting This Fall-2024

We are here to be a guide for those young adults with or without a disability so they can do more with their lives.

Welcome and thank you for participating in Keating Coaching.

Having a child with a disability, I share with you the sleepless nights thinking about the future of my child. I also share with you how frustrating it can be working with people that don't always see the potential for your child as you do.

During the past 20 years, I have acquired 5 certifications and participated in countless workshops, learning all the systems and techniques to help individuals with disabilities live satisfying lives. I've developed and presented many presentations on topics, such as "How to Make Friends and Stay Friends If You're Not Sure How" and "Finding Your Child's Life Path After High School". I worked with many individuals in small and large corporations all in the business of bringing support to people with a disability.

During all that time it has taught me that to make a real difference in a young adult's life you need to have laser focus, personalized support, and an engaged plan. It was hard to manage that with all the rules and regulations many of those corporations had, much like the public school system.

I've taken everything I've learned and applied it to developing the **COMMUNITY PARTICIPATION PROGRAM**. It has allowed me to do remarkable things with my clients. For instance, Billy, who had not been employed for three years after high school graduation. He now works 24 hours a week in an office delivering in-office material and answering the phone. And Katie, who had been very isolated, spending most of her days in her room alone. She now spends her weekends going to the movies, bowling, and hanging out with friends. These are just 2 examples. While working now privately with so many people with or without a disability, it has also enabled me to build a large community and business network that has helped support people find new employment and develop many new friendships. As a result of this program they will become more confident and a more active participant in the community. Having the option to be virtual has allowed me the same empowerment all over the United States and Canada.

Although there are other private support systems available, there is nothing as individualized and comprehensive as this new **COMMUNITY PARTICIPATION PROGRAM**. This program can help in many areas in a young adult's life. For example, helping them find new friends, become healthier, and take part in employment/volunteer options. Between our one-on-one sessions, group classes, extensive modules, and a continuous support system of emailing personal videos, assignments, reminders, and uplifting messages our clients can only succeed.

Now it's your turn. If you're receiving this packet, we have availability for your child. Fill out the following pages with your child. This will help narrow down what specific path to go down first.

I am honored, humbled and excited to work with you and your family,

Thanks Again and Welcome

Date _____

Parents

Name: _____

Email: _____

Cell: _____

Young Adult

Name: _____

Email: _____

Cell: _____

Strengths _____

Interests _____

Friendships _____

Work exp _____

Volunteer exp _____

College exp _____

Areas of interest you may want to explore:

INDEPENDENT SKILLS

meal prep, storing food, clothing care, sorting clothes,doing laundry, shopping for new attire, personal hygiene, skin routines, oral hygiene, dressing properly, managing time, bed time prep, medicine routine, home maintenance(basic fixing), maintaining a lawn and garden, money skills, saving, budgeting, buying necessities

EMPLOYMENT

vocational assessments, choosing a place of employment, full time, part time, short term seasonal, filling out job applications, reviewing interview questions, learning about office protocol, i.e. dress code, asking for break time, sick time, vacation time

COLLEGE CLASSES/CERTIFICATION PROGRAMS

choosing classes, scheduling, test preparation, the importance of extra help, tutoring, time management, prioritizing homework, sleep schedule,transportation,appropriate dress, taking advantage of the work/ study program, making use of the Disability Office and the testing center, joining clubs, attending sporting events, making new friends

SOCIAL

finding new friends, initiating conversations, joining a conversation, social media hazards, getting involved in social events, recognizing social cues such as facial expressions, body language, physical boundaries, excessive texting, and posting photos of other people

List the top 3 most important goals

1. _____
2. _____
3. _____

