



Welcome to the Green Mountain Self-Advocates Person Centered Training: Getting People to Help You Reach Your Dream

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What This Training is About: Getting People to Help You Reach Your Dream

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Let's Meet

**Make sure you
have everything
you need get
started!**

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What to Do at the PCP Meeting #1

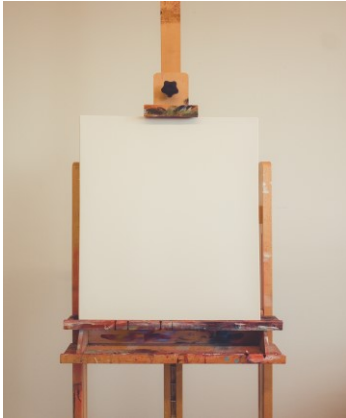


1. Make sure things are ready to go before people show up for the meeting
 - If you have refreshments, have them ready so people can get them right away.
 - Make sure chairs are in a circle.
 - Make sure you can sit next to someone who you want to support you.

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What to Do at the PCP Meeting #2



2. Get your paperwork together

- Have your handouts ready to go: the agenda, the ground rules, and your one-page profile, and nametags
- Have three big sheets of paper on the wall and markers that won't hurt the wall
- On the first paper write DREAMS
- On the second paper write GOALS
- On the third paper write STEPS

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What to Do at the PCP Meeting #3



3. Welcome Everyone!

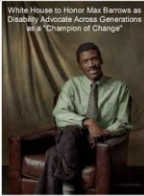
- You open the meeting and tell people why they are there
- You ask people to introduce themselves
- You go over the **agenda** so people know what to expect.
- You go over the ground rules. You tell the group that today the focus is on what is positive – no Debbie Downers or Devil's Advocates allowed!

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What to Do at the PCP Meeting #4

I'm Max!



White House to Honor Max Barrows as Disability Advocate Across Generations with "Champion of Change"

What People Like and Admire about Me?

-

What's Important to Me?

-

4. Review Your One-Page Profile

- Ask someone to help you go over your one page profile.
- You can also ask if there is anything people think you should add

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Student Uses MyLife to Self-Direct a Final IEP Meeting

https://www.youtube.com/watch?v=XsQ4x_wR1k0

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Things to Think

About #1

**You are the expert
on your life.**

Friends and family have things that they think will help you have a good life. They want you to be safe. They want you to be healthy. They want you to have a good place to live. They want you to have the money you need. But...

You are the expert on your life. You can have your own ideas about what a good life means to you.

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**Break Out Room Session #1 (15 min):
(Please remember that what happens in the
breakout room stays in the breakout room.
Please respect everyone's privacy).**

During this first break out room...
Share the list of people you made that would invite to
your Person Centered Planning Meeting. Talk about **why**
they would be good to have at your meeting.

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What to Do at the PCP Meeting #5



5. You share your dreams first

- Write your dream(s) on the DREAM paper
- Ask if anyone has a dream for you to add: write it on the paper if you agree

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What to Do at the PCP Meeting #6



6. You share your goals next

- Go over the dreams list with everyone
- Put a star on the dreams you are working on or want to work on
- The ones with stars are your GOALS
- Write the GOALS you picked on the GOAL Paper

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What to Do at the PCP Meeting #7



7. Get people to sign up to help!

- For each goal ask, “Who can help me with this goal?”
- Then ask the person who volunteers, “What is a first step you can do to help me?”
- Write the person’s name and the first step on the STEPS paper
- Keep doing this for all the goals you have

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Goals and Steps

Getting a job working with animals	Leading your self-advocacy group	Writing a book about your life
Getting a new pet	Making a budget	Starting an exercise program
Going to college	Taking your medicine by yourself	Going to Disneyworld

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What to Do at the PCP Meeting #8



8. Plan for the follow up meeting!
 - Ask when people can get back together for a progress update
 - Set the day, time, and place for everyone
 - Thank everyone for coming!

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Things to Think About #2

Talking about our dreams and goals is hard work.

Talking about our dreams and goals is hard work. Sometimes we are afraid that people will make fun of our dreams. Sometimes we have a really big dream that is hard to explain. Sometimes we are afraid that people won't listen to what we have to say.

Leading your meeting takes practice talking about your dreams and goals.

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Break Out Room Session 2 (15 min)

During this second break out room...

This is a role play to practice leading your meeting. Each person can say, "Hello, welcome to my meeting. Today we are going to talk about my dreams and goals. My biggest dream is: _____" When everyone has a turn, talk about first steps to reach those dreams.

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Homework

Make a list of your dreams. You can write them down or draw pictures. Circle the ones that you are working on or want to start doing. You will share these next week and at your person centered meeting.



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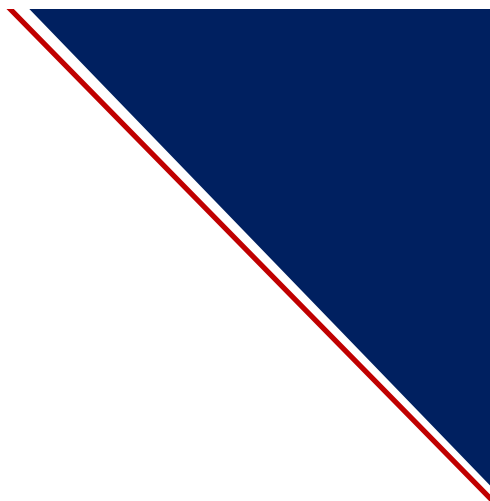
Post Three Words On How the Training Went For You in the Chat Box



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