



MAKING CHANGES THROUGH GOAL SETTING

PRESENTED BY DOLLY BHARGAVA

As parents if we want things to change in our life, we have to decide to make things change!

Step-By-Step Plan—Based on your understanding of your child's development and where you want your child to be in the future, this workshop focuses on helping you come up with a step-by-step plan on how to get there. One of the most important steps that families have to undertake to bring about change is to set goals. The process of setting goals helps families identify the direction they want to go in and the steps they need to take to get there.

'Stages of Change' Model—You will learn about the 'Stages of Change Model' to understand that long term change is not instant, but a process of steps that each member of the family undergoes to change old patterns and adopt a new one.

Practical Tools—This workshop will give you practical tools to know precisely what your child wants to achieve, identify the barriers and roadblocks that may be holding them back, plan a realistic pathway towards achieving their goals and use evaluation tools to monitor their progress in achieving them.

You will receive a take home workbook that will help you set and achieve goals independently.



BIBRA LAKE — 13 OCTOBER 9.30AM to 2.30PM
GUILDFORD — 27 OCTOBER 9.30AM to 2.30PM
KWINANA — 2 NOVEMBER 9.30AM TO 2.30PM

About the presenter:

Dolly Bhargava, is a Disability Specialist Speech Pathologist who has also completed a Masters in Special Education.

Dolly works with children, adolescents and adults with disabilities in a variety of settings such as schools, accommodation, post school option, employment and corrective services.

She provides consultancy and training services on a range of issues relating to communication, behaviour management, emotional literacy, vocation, culture and disability both nationally and internationally.

Dolly has developed the *Rainbow of Emotions App* for the IPAD and written the hugely popular Getting Started Series!!! These can be accessed as free downloads at <http://carsonst.wa.edu.au/parent-info/getting-started-books/>

If you would like to know more about Dolly, see www.dollybhargava.com



THESE WORKSHOPS HAVE BEEN FUNDED

BY THE

DISABILITY SERVICES COMMISSION

Where: **Bibra Lake**—Cockburn Wetlands Education Centre,
184 Hope Road, between Progress Drive & Bibra Drive

Guildford—Chapel Function Room, Rose & Crown Hotel,
105 Swan Street, Guildford

Kwinana—Boronia Room, John Wellard Centre
Corner Runnymede Gate and The Strand, Wellard

Online Registration: <http://ddc.org.au/events-october-2015/> or
<http://ddc.org.au/events-november-2015/>

Information: mary.butteworth@ddc.org.au or 9420 7230(exc Wednesdays)

Cost: FREE | Registration includes morning tea & light lunch

DDWA Membership: **FREE** for People with Disability, Family & Friends.

Go to www.ddc.org.au/individual-and-family-membersh/

