# **Self-Advocacy & Disclosure Part 2**



Participant Journal

name:			





	What does it mean?	What do I do?
	Directions	
	Journal Question	When prompted, respond to the question in one of the following ways:  1. Written response 2. Drawing/illustration 3. Circling the icon in the top right corner
	Verbal Response Request	Circle this icon to inform the facilitator that you wish to answer the question verbally.
	Goals	
This is great, I understand! I am okey Neutral confused I don't get this.	Emoticon Strip	Circle the emoticon that best represents how you are feeling about the material.



#### Goals

Use this page as a checklist to keep track of your progress!
Identify at least two strengths and two challenges.
Find at least one strength to accommodate one challenge.
Create a personal action plan for success in the workplace.

Use this space to write anything else you have learned—including about yourself.

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This is great, I understand!	I am okay	Neutral	l am a little confused	I don't get this.

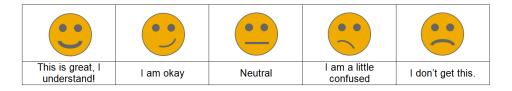






Take a moment to think about Self-Advocacy & Disclosure Part One. Write down/illustrate any thoughts that come to mind as well as any other Most Important Points (MIPs) in the space
below.

What is self-advocacy? What does self-advocacy mean to you? Do you consider yourself a self-advocate?









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Think of a time in your life when you needed to disclose information about yourself. You may have needed to request a particular accommodation in order to achieve a desired outcome/goal. Explain. Try to include: Who was involved? What were you (or someone else) advocating for? When did this happen? Where did this happen? Why was there a need for advocacy? How did it go?







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What are so employmen	ome potential challent? Sensory? Comm	nges that may pos	se a significant im	ipact on successful ion? Other?	
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What is my goal here?
What might be the specific challenge(s) in this scenario?

What are possible strengths-based strategies that I can use to achieve the end goal?







How are you feeling about your ability to self-advocate and disclose?	
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Can you think of any potential situations to practice?	







Why is disclosure an important component of success in the workplace? Revisit Journal reflect on what you have learned and note any additional thoughts.	4 to





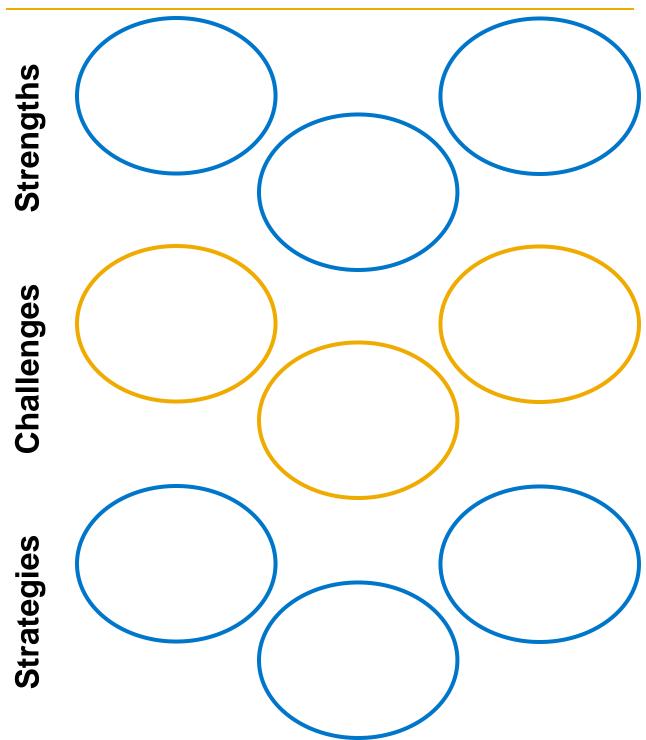


How did it go? What was the situation and how did you choose to address it? What would you do the same/differently next time?						
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Action Plan Goal:









## Potential Practice Opportunities

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Strategy							
Where							
Why							
When							
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Schedule a Follow-Up Meeting:							
Date:			Time:				







## **Extension Activity**

Plan/Illustrate/Design your Visual Toolbox Below:					
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### Follow-Up Meeting Notes

Self Strategies for Self Advocacy and Management Disclosure

Use the space below to write/illustrate any notes/thoughts/plans as a result of action plan and follow-up meeting.





