

grow yourself expand your potential

march online workshops

7

NDIS self management

thursday 7 march, 2.00pm - 4.30pm

Boost your confidence to self-manage your NDIS plan

Learn the benefits of self-management, such as how to clarify budgets, make payment requests, keep accurate records and prepare for plan reviews. Recognise your current knowledge and learn something new!

12

speaking up for yourself

tuesday 12 march, 2.00pm - 4.30pm

Get your message across and be heard

Come along and learn the benefits of speaking up for yourself. Develop your interpersonal and negotiation skills with effective communication, develop a strategy plan, review outcomes, consider alternative options and focus on success!

19

post traumatic growth (PTG)

tuesday 19 march, 2.00pm - 3.30pm

We can grow from past trauma

Learn about the concept of Post Traumatic GROWTH, rather than stress, and how it can help us get more out of life. Explore common areas of growth and identifying your own growth pathways. Learn how you can cultivate your PTG and enjoy life more!

20

NDIS - what can I buy?

wednesday 20 march, 2.00pm - 3.00pm

Understand how to better spend your NDIS funding

People often ask us 'Can I use my NDIS funding for...?' Do you wonder the same? Join us to develop a clearer understanding of what you can (and can't) use your funding on – and maybe even some idea of things you didn't realise you could purchase with your plan!



for more information and to register now:

www.pdcnsw.org/workshops or call 1800 688 831

Workshops and events are free for people with disability and their parents or unpaid informal supports.

Funded by the Australian Government Department of Social Services.

