





YOORALLA
People Helping People Achieve

Tools/Techniques

1. Pulse Check
2. Brainstorm Session
3. Mini Workshops
4. Every Idea = Good Idea
5. All Belong, All Have a Say
6. Flipchart Paper
7. Correct Venue Choice
8. Leadership Roles



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Knowing our Rights

Speaking up for Ourselves

Learning New Skills

Making Real Choices

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Day Services Self Advocacy Group

Tools/Techniques

-  **Pulse Check**
 - Meeting ice-breaker
 - 30 sec. update from each participant
 - Allows participant to share how they are feeling
-  **Brainstorm**
 - Every idea is a good idea
 - Used for gathering lots of new ideas
 - ideas can be recorded on flipchart paper*
-  **Mini workshops**
 - Small groups of people meet to generate ideas
 - Purpose: Informing / Problem solving / Training*
-  **Everyone belongs and has a say**
 - Full involvement from staff and members of the group
 - Everyone participates in all exercises
-  **Correct Venue**
 - We believe investing in pleasant external surroundings has attributed to a more productive and positive environment
-  **Leadership roles**
 - Each group member has opportunity to run a session

Group coordinator: Kylie McCabe
ph 04170 91466