Learning Log

MODULE 1: Introduction to Finding What Matters

SESSION 1

- Introduction to inclusion, neurodiversity and the social model of disability
- Preparing to listen - embedding listening
- Dual listening skills

Before the session I ...	
I have learned ...	
What matters ...	
How I feel now ...	
Actions to take ...	

SESSION 2

- Parents with children who experience the world differently
- Who are they and what they need
- Importance of listening

Before the session I ...	
I have learned ...	
What matters ...	
How I feel now ...	
Actions to take ...	

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SESSION 3

- Parenting when there is a disability or illness
- The role coaching has in supporting family life

Before the session I ...	
I have learned ...	
What matters ...	
How I feel now ...	
Actions to take ...	

SESSION 4

- The emotional journey of parents with children who experience the world differently
- Transformational listening
- How and when to use your own experience

Before the session I ...	
I have learned ...	
What matters ...	
How I feel now ...	
Actions to take ...	

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SESSION 5

- What are common coaching topics
- Deciding the parameters for the coaching
- Biggest fears new coaches have

Before the session I ...	
I have learned ...	
What matters ...	
How I feel now ...	
Actions to take ...	

SESSION 6

- Open session to explore and review
- Group reflection on learning, identifying questions, focus for the next session

Before the session I ...	
I have learned ...	
What matters ...	
How I feel now ...	
Actions to take ...	

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Module 1: Finding What Matters to You

What matters? Look back over our sessions so far, and use this space to identify your key take-aways from Module 1.