

Self Determination & Self Advocacy



NEURODIVERSITYHUB



What is self-determination?

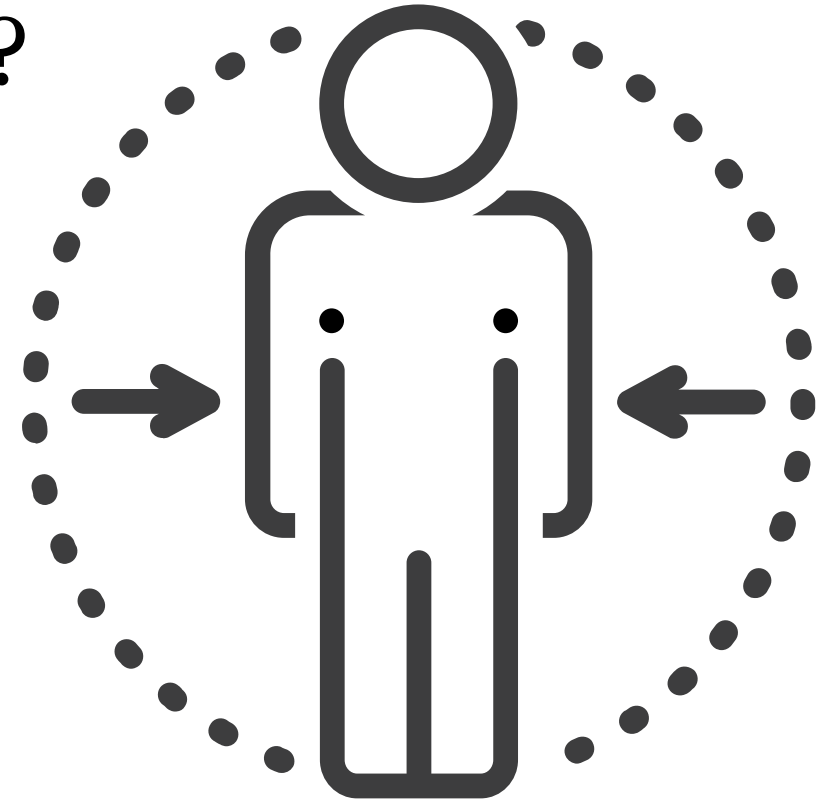
The act of choosing your own purpose without outside influence

- The process of learning your strengths, weaknesses, preferences, learning styles and needs
- The power or ability to decide for yourself without outside influence
- The process by which you make judgements and decisions about your career
- Having a plan and taking control of your own working life



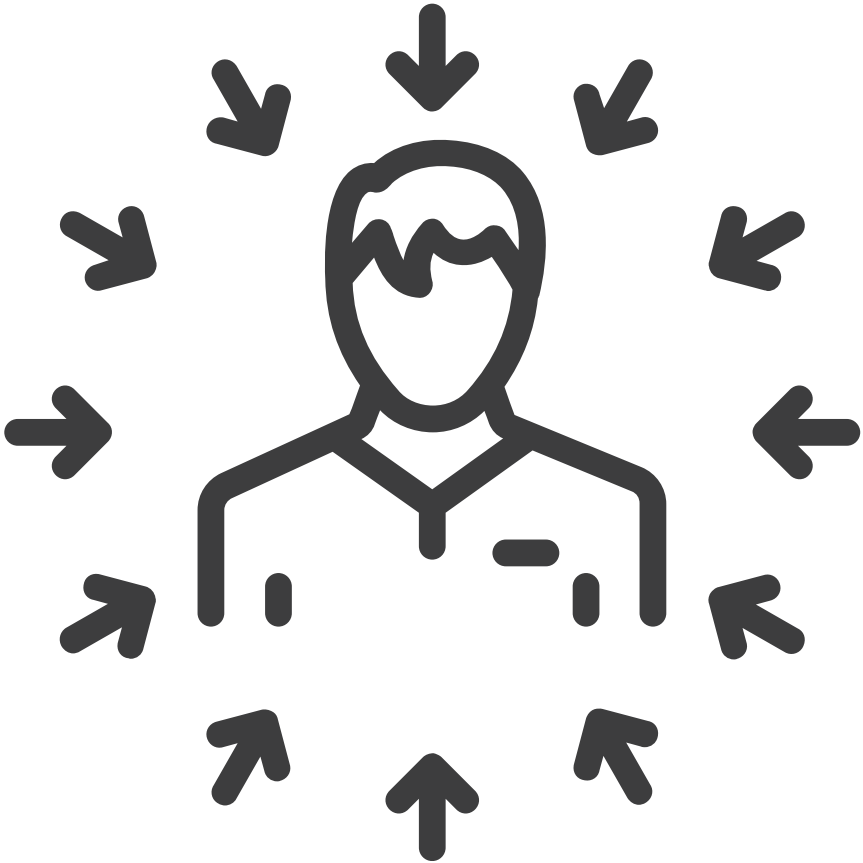
Why is self-determination important?

Self-determination is important as it allows people to understand their strengths and preferences and have control over their choices and lives.



What is self-advocacy?

The act of representing oneself or one's views or interests




- You will understand your strengths and learning needs
- You will know how you best learn/work
- You will ask questions that help you and learn new skills
- You will use assertive communication
- You will speak up for yourself in the best way you can (verbal or written)
- You will have a say in decisions that affect you
- You will be involved in setting your own goals
- You will give feedback and tell us what you need
- You will seek support when you need it



NEURODIVERSITYHUB





Why is self-advocacy important?

Learning self-advocacy skills is important because it helps you decide what you want and what is possible for you to expect.

Self-advocacy helps to empower you, to speak up for yourself and to make decisions about your life.



End of Module Reflections

In your workplace, what are some ways that you can advocate for yourself, in terms of:

- Requesting leave?
- Addressing concerns with a colleague?
- Having sensory needs met?



NEURODIVERSITYHUB

