

BALANCE MI-Skills...

Social, communication, and employment learning opportunities for individuals with developmental and intellectual disabilities such as autism, ADHD, learning delays, co-existing conditions, and others seeking to improve interpersonal and soft skills for employment



Groups, Workshops, School-Based, University-Based & Individualized Programs

Evidence-based framework in teaching communication, relational, social, and soft skills for increased independence and success in work and living

Topics Covered:

- Initiating, maintaining, and ending conversations
- Enhancing personal, dating, and work relationships
- Using effective non-verbal, verbal, and electronic communication
- Presenting a positive attitude, enthusiasm, and using humor
- Being flexible and proactive problem solving
- Setting priorities and time management
- Developing self-monitoring, management, and advocacy skills
- Reducing anxiety using cognitive approaches and increasing skills
- And more...

Facilitation & Strategies Overview:

- Didactic and Socratic instruction
- Live and video modeling
- Rehearsal with coaching feedback
- Priming, shaping, fading, prompting hierarchy
- Task analysis and effective reinforcement strategies
- Cultivate employment opportunities
- Job coaching and work experiences
- Data-based decision making and programming
- And more...

*Teen and adult groups and workshops, 5-15 weeks in specific communication, relational, social, and soft skill topics
Facilitated by experienced, licensed, and credentialed clinicians also certified in the UCLA PEERS® Curriculum*

Contact us for more information and about upcoming *online or onsite* training, or to customize a learning opportunity

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