



About 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 methodology in teaching communication, social and relational skills for increased independence and success in work and living

Sample of topics covered:

- Initiating, maintaining, and ending conversations
- Enhancing personal and work relationships and dating
- Using non-verbal, verbal, and electronic communication
- Maintaining a positive attitude, enthusiasm, and using humor
- Being flexible and proactively solving problems
- Setting priorities and using time management approaches
- Developing self-monitoring, self-management, and self-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
- Comprehensive data-based decision making
- And more...

Facilitated by experienced, licensed, and credentialed clinicians also certified in the UCLA PEERS® Curriculum

Contact us for more information and about upcoming *online* and *onsite* learning opportunities:

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Providing services to participants in Michigan