

What we will do



This document tells you what we will do at the My Life My Choices workshops.

8



There are 8 sessions.

This means we will meet online 8 times.



Each session we will

- Talk together
- Do fun activities
- Learn from each other

1



In **session 1** we will

- Get to know each other
- Practice Facebook

2



In **session 2** we will

- What decisions are
- What will and preference means

3



In **session 3** we will talk about

- Easy and hard decisions

4



In **session 4** we will explore

- Decisions and rights

5



In **session 5** we will talk about

- Support and decisions

6



In **session 6** we will think about

- Different kinds of support for decisions
- Ways to talk about what we want

7



In **session 7** we will explore

- Skills you need to make decisions

8



In **session 8** we will

- Celebrate what you are good at
- Get ready to make decisions in the future