

# DEEPER DIVE

Training on the LifeCourse Framework

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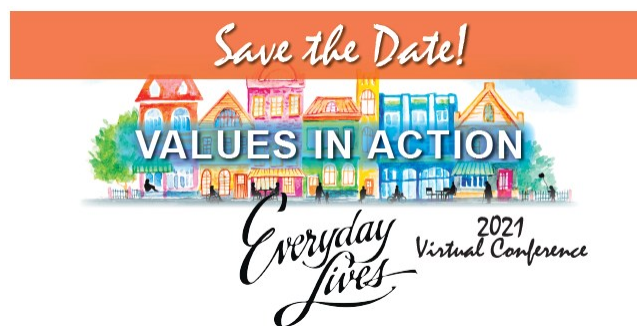
## THE BUZZ ON THE LIFECOURSE FRAMEWORK

The Charting the LifeCourse is a community of learning. Charting the LifeCourse is designed to be used for your own life, for your family members, or in the work you do. The framework and tools will help you organize your ideas, vision, and goals, as well as problem-solve, navigate and advocate for supports.

### GET STARTED USING CHARTING THE LIFECOURSE

- Explore the How-To Videos and Resources throughout the website: <https://www.lifecoursetools.com>
- Learn more about the Charting the LifeCourse Framework
- See examples of and practice using the LifeCourse Foundational tools
- Consider all the different aspects of your life, with the option to focus on one particular area.
- Understand what you may need to know or do based on the life stage you are currently experiencing such as transition from high school. Begin planning for transitions.
- Explore the variety of supports that currently exist or supports you may need to help you achieve your vision for an EVERYDAY LIFE.
- Check out examples of how others have used the framework and tools on social media.  
**Peyton's Good Life**—[supportstofamilies.org/wp-content/uploads/Innovations-LifeCourse-Tools-in-Action-Jan2016.pdf](https://supportstofamilies.org/wp-content/uploads/Innovations-LifeCourse-Tools-in-Action-Jan2016.pdf)  
**Ben's Vision and Goals for his Good Life**—[https://www.youtube.com/watch?v=\\_IWtGtoGTxl&feature=emb\\_logo](https://www.youtube.com/watch?v=_IWtGtoGTxl&feature=emb_logo)  
**Sharon's (with EJ) Tips and Tools**—[Tips and Tools Trajectory - YouTube](#)
- Find a Good Life Group or Community Wide events in your local area

## OPPORTUNITIES FOR LEARNING & PREPARATION FOR THE DEEPER DIVE TRAINING



Engage with dozens of professionals, experts and pioneers in workshops, breakout sessions, panels and keynote sessions. More information will be provided in a future newsletter.

Conference Dates include: May 11th, May 18th & 19th, May 26th, June 2nd & 3rd and June 10th

### **DEEPER DIVE TRAINING.... Save The Date... JUNE 25th**

Explore ways to use the tools to organize thoughts for a good life, future planning and problem solve with students. Build Capacity and Confidence for your yourself and the students you support!

## An Introduction Charting the LifeCourse

<https://www.youtube.com/watch?v=nyCChsT24-4>

### LifeCourse Framework



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