

# Discover & Use Your Strengths!

## SPEAK UP WITH CONFIDENCE!

- TACKLE CHALLENGES & MAKE SMART DECISIONS!
- SET GOALS, TAKE ACTION, & SUCCEED!



### JOIN CILO CLASSES FOR SELF-ADVOCACY TRAINING

Self-Advocacy Training is funded by Florida's Division of Vocational Rehabilitation (VR). If you would like to participate, start by contacting your VR Counselor.



FLORIDA DEPARTMENT OF  
**EDUCATION**  
fldoe.org



### In each training session, you will learn:

**Self-Awareness** (Y20511 or E20511) – Discover and understand your strengths, skills, and needs in employment & education.

- Explore what motivates you
- Learn self-reflection techniques
- Understand what to disclose about your disability
- Know your rights & responsibilities

**Self-Efficacy** (Y20512 or E20512) – Learn how to communicate effectively with employers, school administrators, teachers, etc.

- Identify & request accommodations
- Master assertive communication
- Practice active listening
- Develop problem-solving skills

**Self-Determination** (Y20513 or E20513) – Learn how to identify, set, and achieve goals for your education, employment, & personal growth.

- Build leadership skills
- Make confident decisions
- Monitor your own progress

### Virtual only, via Zoom

\*in between Career Camp Sessions

### TRAINING DATES

- March: 3/3/2025 – 3/15/2025
- April (A): 4/7/2025 – 4/19/2025
- April (B): 4/21/2025 – 5/3/2025
- May: 5/5/2025 – 5/17/2025

*We will break for the Summer and resume in September 2025, TBA.*

### SCHEDULE

- Monday – Thursday: 3:00 PM – 7:30 PM
- Saturday: 9:00 AM – 4:00 PM  
(with lunch break)

**Contact your VR Counselor to get a referral for each module.**

**Need help? Contact CILO**  
camp@cilo.org

**Once we receive your referral from VR, one of our Administrative Specialists will contact you to begin your enrollment with CILO.**