# Fulfilling Potential Workshop Series

## Essential Workshops

### 1. Understanding & Managing Challenging Behaviour 1

*\*\*This class is a prerequisite for Understanding & Managing Challenging Behaviour 2\*\**
In this class, participants are introduced to a practical way of understanding challenging behaviour. Using the tools of Applied Behaviour Analysis, participants will be empowered to investigate the causes of challenging behaviour in the lives of the people they support. This class is an essential prerequisite for Challenging Behaviour 2, in which today's knowledge will be used to begin developing behaviour support plans.

### 2. Understanding & Managing Challenging Behaviour 2

*\*\*Participants must first complete Understanding & Managing Challenging Behaviour 1\*\**
Challenging behaviour can be disruptive, it can be an impediment to learning important skills, and it can interfere with the development of meaningful relationships with peers. In the last class, participants were introduced to the behavioural interpretation of challenging behaviour, why it happens, and the elements in our environment that influence learning. Today we will use that knowledge to begin developing behaviour support plans of our own to help the people we care about to reach their fullest potential.

### 3. Effective Goals and Teaching Strategies 1

*\*\*This class is a prerequisite for Effective Goals and Teaching Strategies 2\*\**
We are usually pretty good at identifying big-picture, long-term goals for the people we support (e.g. more independence, meaningful relationships, academic skills, etc.) It can be much more difficult; however, to establish a step-by-step process to reach those goals that takes into account the individual's strengths, preferences, and unique challenges. Today, effective teaching strategies will be introduced to help participants set goals, teach important skills, and remain optimistic about the future.

### 4. Effective Goals and Teaching Strategies 2

*\*\*Participants must first complete Effective Goals and Teaching Strategies 1\*\**
Building on the material from the last class, participants are introduced to more advanced learning concepts, including prompting, shaping, skill fluency, and higher-order problem-solving and creativity. To become good at something – whatever that may be – is the surest way to build self-confidence. But what does it really mean to be good at something? And what's the best way to get there?

# Special Topics

### 1. Introduction to Autism Spectrum Disorder

Participants are introduced to the common signs and characteristics of autism spectrum disorder (ASD). In this class, we encourage participants to imagine how the characteristics of autism can influence children's experience as they grow up. In addition to using many examples and personal stories, the official diagnostic criteria for ASD will also be explored and explained using understandable language.

### 2. Planning Happy Days

What's the difference between a good day and a bad day? In this class, we will examine the ingredients that make up a 'good day' and we will explore strategies for creating good days with those we support. Good days often include healthy routines, adequate sleep and nutrition, use of visual supports or other tools, and flexible expectations. Additionally, plans are better and days are happier when we work together with the people we support, including taking the time to understand their capabilities and personal values. Many of the tools and strategies discussed in this class are appropriate for learners of all ages and abilities.

### 3. Potty Training Like a Pro

In this class, participants will learn to conduct potty training like a pro! Readiness signs for toilet training are covered, and participants are guided through a realistic training process which is based on established science and clinical expertise.  Practical tips and discussion about common barriers met during toilet training are also a part of this interactive workshop.