

# **MY LIFE AS AN EPIC WIN CURRICULUM: OUTLINE**

## **SESSION 1: MY LIFE AS AN EPIC WIN**

Epic Win attitude; How the course works/research evaluation; Self-Determined Behaviours; Strategies for being Self-Determined; Active Listening; Visioning your future in the areas of Career/Work, Further Education, Relationships, Independence

## **SESSION 2: LIFE CHALLENGES**

Active Listening Practice: Concerns for the future  
Negative and limiting beliefs; Positive Re-framing  
Self-management and Buddy system

## **SESSION 3: BUILDING A TEAM**

Understanding the challenges and strengths associated with ASD  
Importance of failure in building resiliency; how you are already resilient  
Learning to seek support; Social skills needed to build your team  
Introduction to turning Long-Term goals into SMART Goals

## **SESSION 4 AND 5: CAREER/WORK**

GOAL SETTING around **Career/Work**: what are your strengths and possible challenges in the area of getting a job, work skills, keeping employment?  
SMARTER goals and writing ACTION PLANS  
PROBLEM SOLVING - role-playing solutions and discussing best solution

## **SESSION 6 AND 7: FURTHER EDUCATION**

Goals setting around **Further Education**: what are your strengths and possible challenges in the area of going to college, university or taking development courses?  
SMARTER goals and action plans  
Problem Solving - role-playing solutions and discussing best solution

## **SESSION 8 AND 9: INDEPENDENCE**

Goals setting around **Independence** what are your strengths and possible challenges in achieving the level of independence you would like?  
SMARTER goals and action plans  
Problem Solving - role-playing solutions and discussing best solution

## **SESSION 10: RELATIONSHIPS**

Goals setting around **Relationships** what are your strengths and challenges in improving existing relationships, making new friends, keeping friends, romance?  
SMARTER goals and action plans  
Problem Solving - role-playing solutions and discussing best solution

## **SESSION 11: CREATING THE EPIC LIFE PLAN VIDEO**

**Creating Videos** to represent your Epic Life Plan.  
Review: Where to go next? Applying what you learned to new situations

## **SESSION 12: WRAP UP AND CELEBRATION**

Completion of post-course questionnaires  
What next?  
**Party to celebrate** completion of Epic Life Plan and to watch Epic Life Plan videos.