

Life Skills Mastery: Your Path to Independence

**Introduction Module: Navigating
Your Learning Journey**



1
PHASE

Foundation Phase – The Wellness Compass & Identity Foundation

- Establish physical safety and self-awareness
- Build your health and safety systems
- Discover your values and personal identity

Expression Phase – Finding Your Voice & Purposeful Engagement

- Develop communication and self-advocacy skills
- Connect with meaningful activities and community
- Express your needs and boundaries effectively

PHASE
2

3
PHASE

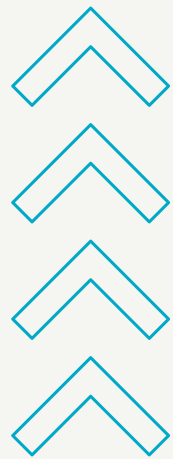
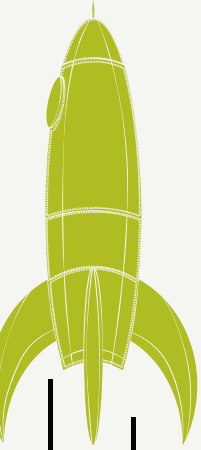
Practical Skills Phase – Everyday Essentials & Mind Matters

- Master home management and daily living skills
- Develop emotional regulation and wellbeing practices
- Create sustainable routines that work for you

Integration Phase – Connection Architects & Your Good Life Plan

- Build effective support networks
- Create your personalized independence roadmap
- Integrate all skills into your daily life

PHASE
4



Lesson 1: Course Overview & Navigation



Objective

- To empower individuals to build greater independence, confidence, and wellbeing through practical strategies, guided reflection, and everyday skills that promote physical, emotional, and social health.

Expected outcome

- By the end of the course, learners will be able to:
- Identify the key components of holistic wellbeing — including physical, emotional, and social areas.
- Develop daily habits and systems that support sustainable independence and self-care.
- Recognize personal strengths and barriers to participation, and apply strategies to overcome them.

Expected outcome

- Build skills to connect meaningfully with their community and support networks.
- Create a personalized wellbeing plan that integrates learned tools into real-life routines.

Course Focus Areas

- Flexible Learning Paths: Learn your way — independently or with a carer's support — both paths lead to the same empowering results.
- Practical Application: Each lesson offers real-life tools and activities to help you apply what you learn every day.

Long Term Vision

- To foster a sense of empowerment and belonging, helping individuals confidently manage their daily lives and engage with their communities in meaningful, fulfilling ways.



Lesson 2: Selecting Your Learning Path

The self-paced path

The carer-supported path



Lesson 3: Setting Up for Success

To get the most from this journey, it helps to set yourself up for success. That includes:

- Using the Independence Milestone Tracker to monitor your growth.
- Exploring the different formats available—videos, audio, and printables—so you can learn in the way that suits you best.
- Setting realistic expectations and creating a learning schedule that fits your lifestyle.
- This preparation gives you a strong foundation and reduces frustration along the way.



Lesson 4: Personalizing Your Learning Experience



Initial skills
assessment



Identify
priority areas



Choose your
pace



Choose the
formats

Personalizing your learning is like tailoring clothes—they fit better, feel more comfortable, and support you as you move.

By shaping this course around your needs, you're already practicing independence:

you're making your learning fit your life, not the other way around.