

# A LIFE OF MY OWN

Prepare.

## New! Daily Living Skills: The Essentials for Independence

Young adults who have learning differences and their families both need the same thing: More Independence!

Personal drive is required to become more independent, but it is difficult when you are living as a young adult in the home you grew up in. As a parent, it can be frustrating when you have given every opportunity, yet some struggle with the motivation to stick with it.

**DAILY LIVING SKILLS:** The Essentials for Independence is a real-life way to support a young adult in taking the next steps toward self-sufficiency. You have to "Walk the Walk", so with community-based coaching for independence, old habits can be broken and new skills can be learned and applied to daily life.

Adulthood is a confusing time; sometimes an independence coach can be a conduit to more independent daily living skills.

**A Life of my Own is offering a monthly course for young adults or soon to be high school graduates who have learning differences that want to become more independent in their daily life.**

### **Community-based learning through Coaching for Independence**

Real life experiences to develop skills that can be used anywhere  
Learn from a coach who develops a relationship and understands your strengths, provides helpful feedback, and holds you accountable

### **Practice with other like-minded young adults in an enjoyable location**

Learn and apply independent skills with others who also want more independence  
Build a partnership with other young adults for assistance and encouragement  
Learn in a location that has several unique places to practice

### **Add independent skills to your day and you could have more freedom**

By improving the skills listed below you will be more self-sufficient, make better decisions, and be in charge of more parts of your life

time management	taking care of yourself	understanding money
good health and nutrition	satisfying relationship	technology use
deciding what's important	taking on responsibilities	DOING IT!

### **Monthly Course:**

**Begins the first Saturday of every month, April-August**

**4 Saturdays, 9:30-11:30 or 12:30 -2:30**

**Small learning group, up to 6 young adults**

**Location: Crossroads Mall, Bellevue, WA**

**Choose to participate for one month or continue with consecutive months**

**\$275/month or \$250/month when signing up for consecutive months**

**This course is also offered to soon to be high school graduates who are ready for more independence. For general information go to**

<https://www.alifeofmyown.com/preparationforindependence>

**For specific questions, email us at [info@alifeofmyown.com](mailto:info@alifeofmyown.com)**

### **Marci Muhlestein, Independence Life Coach**

Marci is the founder of A Life of my Own and has a specialized degree in Occupational Therapy, has earned her MBA, built adult transition programs, an associate degree program, and created multiple opportunities for specialized programming in independent daily living skills with an emphasis on individual and small group coaching.

**1:1 Community-based Coaching for Independence is also an option!**

For more information go to  
<https://www.alifeofmyown.com/preparationforindependence>

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