

## ***Creating a Bright Life*** **A Virtual Coaching Workshop series for Parents of Teens and Young Adults on the Disability and Autism Spectrum**

**Guest Speaker/Facilitator  
Gwen Palafox, Ph.D.**



This coaching series will provide a framework for parents to 1) describe who their teen or young adult is now, 2) use a tool to understand what adult skills their son or daughter possess and needs, 3) set goals related to adult living, and 4) make small but powerful changes to actively prepare their

teen or young adult for the advantages and challenges of adulthood -  
- responsibility, independence and the search for fulfillment.

This series will help parents who are concerned, anxious, or paralyzed about their teen's or young adult's transition to adulthood. Parents who attend this coaching series should be ready and willing to participate in activities, engage in group discussions, and to complete weekly homework. Parents will be given all the tools used in the coaching series so that they can continue to apply the skills they learned and feel confident in navigating their teens and young adults into adulthood.

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**Gwen Palafox, Ph.D.**, is a licensed psychologist who has been actively changing the lives of individuals on the autism and disability spectrum for over 20 years. Currently, she is obsessed with launching adolescents to adulthood through empowerment, collaboration, curiosity, and the disruption of the current systems that we use for adult planning. Despite her many years of clinical expertise, her greatest gifts are creativity, flexible thinking, humor, compassion, grittiness, and stubbornness when it comes to ensuring that her clients are understood. Aside from providing comprehensive transition assessments, she works directly with young adults, parents, and teams through coaching and consultation. She is also the host of the disABLED+Empowered podcast on YouTube.



# Workshop Series Information:

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## **Session 1: FOUNDATIONS**

**Tuesday, November 16 from 10:00-11:30 A.M. PST**

Parents will learn how services and supports change as funding shifts from the district to the regional center. Parents will also be taught the mindsets that are necessary to promote healthy interdependence. Parents will engage in a hands-on exercise that will help to clearly articulate who their teen/young adult is today. Homework will be assigned.

## **Session 2: EDUCATION, CAREER AND WORK**

**Tuesday, November 30 from 10:00-11:30 A.M. PST**

Homework will be reviewed. Different options for post-secondary education and learning, as well as different vocational services, will be reviewed. Parents will create goals related to this area. The Bright Life Inventory will be introduced and parents will complete the part of the Bright Life Inventory that is related to post-secondary learning, working and job success. Homework will be assigned.

## **Session 3: LIVING SKILLS**

**Tuesday, December 7 from 10:00- 11:30 A.M. PST**

Homework will be reviewed. Living skills competencies will be reviewed. Parents will learn what social emotional learning and executive functioning are and why these competencies are critical in adulthood. Parents will create several goals related to these areas. The Bright Life Inventory will be used and parents will complete the part of the Bright Life Inventory that is related to living skills. Homework will be assigned.

## **Session 4: GOALS, ACTIONS, AND WRAP UP**

**Tuesday, December 14 from 10:00 AM-11:30 AM PST**

Homework will be reviewed. Parents will get a chance to solidify goals, identify the next action steps and supports that are needed for these goals to be met, and ask for support from the group and the facilitator. Instructions for how to use the Bright Life System beyond the coaching series will also be covered.

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### **Flat Fee of \$400.00 for the workshop coaching series.**

The workshop series is vendored by Lanterman Regional Center. Talk to your Service Coordinator. It may be available to clients of other Regional Centers as well. Inquire with your Regional Center Service Coordinator.

**Vendor# PD3625 - Subcode 10PG**

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**To Register email [info@foothillautism.org](mailto:info@foothillautism.org)  
or call/text (818) 662-8847**

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