

Now & Next™ is now online



Learn how to set goals and reach them through this innovative program delivered by parents for parents.

Now & Next™ is an innovative, award winning online program for all parents, carers and grandparents of children who have a delay in their development or have a disability. As parents or carers, you will make the biggest difference in your child's life. Now & Next™ gives you the practical skills to do this.

This 8-week evidence-based program delivered via video conference, will provide you with the tools to achieve positive outcomes for your child and your whole family.

Facilitated by parents like you

Now & Next™ is facilitated by trained and knowledgeable parents who are Peer Workers. Like you, peer workers all have children with a disability or developmental delay – a lived personal experience – and are employed to support parents and families who face similar situations. Every peer worker has graduated from the Now & Next™ Facilitator Training program. It is the first 'by families, for families' program of its kind – with close to 500 alumni in Australia, New Zealand, Canada and Finland.

Internationally acclaimed

This unique program is internationally recognised as ground breaking. Based on principles of adult learning, it was developed using the evidence on positive psychology, family leadership, gamification and family-centred practice.

Using tools specifically designed for the program, participants choose outcomes and work towards them with new clarity and purpose.

'I feel extremely fortunate to be a part of the Now & Next program. I am not exaggerating when I say it has been a life changing experience. Each session has been informative and covered a wide range of topics – not just on goal planning. The facilitators are amazing; they are positive and supportive and their knowledge is invaluable. I don't want the program to end because it has been such an enjoyable experience.'

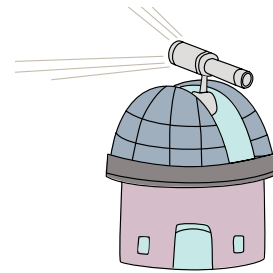
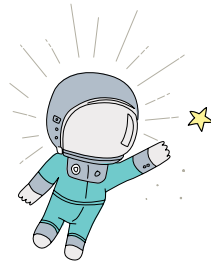
Paul



A Plumtree Learning Initiative

'I cannot speak highly enough about how the program strengthened us as a family, not only to help our son but it put me and my husband on the same page in terms of supporting our son and how we move forward as a family. We are looking forward to the new year now.'

Yasmina



Program overview

The program is delivered in eight sessions of 2 hours each, held over 8 weeks. Through interactive and engaging activities, you will:

Week 1: Create a long term vision and set goals and prioritise goals for your child, family and self using our unique Pictability™ tool which will lay down the foundations for a positive future for your child

Weeks 2 and 3: Use our Goal to Action™ coaching tool to set three goals for you and your child (and reach them!)

Week 4: Identify your signature strengths and learn how to use them to achieve your goals

Week 5: Focus on the areas where you can make the biggest difference to your child and family's life using the Now and Next™ Mindfulness colouring-in book

Week 6: Understand 'flourishing' and which practices can enhance well being for different people, then learn how to increase the well-being and resilience of yourself, your child and your family

Week 7: Learn how to partner with and create positive relationships with professionals, thereby increasing your personal agency, well-being and family resilience

Week 8: Review your toolkit review and practice situations in which tools can be most effective.

Course details

The course is delivered via Zoom video conference as 2 hour weekly sessions over an eight-week period, from 8.00 - 10.00pm.

All material necessary to participate in this program will be mailed to you once your registration has been confirmed and finalised with a Now & Next™ team member.

Course cost

The total cost of the program is \$940 per person. (Cost = \$58.75 x 2 hours x 8 sessions).

The course cost can be claimed through NDIS Capacity Building funding for Improved Daily Living – as training for parents/carers in matters related to caring for a person with a disability.

NDIS Price Guide, listed as "Item number 117 – Development of Daily Living and Life Skills, Improved daily living skills, 15_038_0117_1_3

More information

For more information on the dates and details of our next course, please contact the Now & Next™ team on nowandnext@plumtree.org.au or call us on (02) 9572 8840.

If you are an organisation and want to host Now & Next™ or enquire about group bookings please contact clayton.buffoni@plumtree.org.au.

[plumtree.org.au/plumtree-house/calendar/](https://www.plumtree.org.au/plumtree-house/calendar/)



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