

Helpful Resources and References – Self Advocacy Webinar (Summer 2025)

Building a self-advocacy tool-kit, navigating systems, writing effective letters & emails, SMART goals worksheet, self-confidence worksheet:

<https://www.marchofdimes.ca/en-ca/aboutus/govtrelations/dan/Pages/Self-Advocacy-Toolkit.aspx>

4 communication styles:

<https://img3.reoveme.com/m/b4ed24f2672f22ef.pdf>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/assertive/art-20044644>

Books:

- 1) Set Boundaries, Find Peace: A Guide to Reclaiming Yourself by Nedra Glover Tawwab
- 2) You are a Badass: How to Stop Doubting your Greatness and Start Living an Awesome Life by Jen Sincero
- 3) Cruicial Conversations: Tools for Talking When Stakes are High by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler

Assertiveness tips, worksheets, TED talks, and exercises:

<https://positivepsychology.com/assertive-communication-worksheets/#3-interesting-ted-talks>