

D2 MANAGING TIME WITHOUT LOSING YOUR MIND: TIME MANAGEMENT FOR KIDS WITH SPECIAL NEEDS

Managing Your Time Without Losing Your Mind: Time management takes time, a commodity in short supply for parents of kids with special needs. In this workshop parents learn simple techniques for redeeming their time. The techniques include conducting a time audit, defining roles and responsibilities, establishing and maintaining priorities, and dealing with non-priorities. The second half of the workshop will be spent reviewing practical time-saving tips and resources specific to families of kids with special needs. Workshop participants are encouraged to share their ideas, too.



Trainer: Jolene Philo

*Jolene Philo is parent to a son with special needs, a daughter with learning disabilities and former elementary teacher. Early on, she discovered time management tips to keep from losing her mind while raising kids with special needs. Once they grew up, she included those tips and many others in her book *Different Dream Parenting: A Practical Guide to Raising a Child with Special Needs* and began blogging at www.DifferentDream.com. **Jolene will be selling her book and is available for book signing throughout the day on Saturday.***