



People Inc

Where your world opens up.

## PERSONAL DEVELOPMENT MENTORING

*Developing sustainable skills to foster independence*



People Inc

Toll Free 1.888.7PEOPLE

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## RESPITE SERVICES PROVIDE RELIEF

A Personal Development Mentor (PDM) guides a person towards identifying their strengths, uncovering authentic talents and applying their unique abilities in pursuit of their goals. The PDM helps to bridge the gap between where a person is and where they want to be by assisting with problem solving, decision making and goal attainment in daily life. This is a transitional, three to six month program that focuses on skill-building with an emphasis on community integration.

### HOW IT WORKS

The program uses one-on-one coaching to achieve personalized goals. It is built on a system of mutual accountability between the PDM and the participant as they develop a contract with expected outcomes and goals, as well as respective roles in moving toward achieving that goal.

All goals are broken down into smaller achievable actions, and participants are guided through the steps necessary to complete their goal. The idea is for each person to have gained the confidence and tools needed to move forward with the goal on their own.

### WHO'S ELIGIBLE TO PARTICIPATE?

In order to qualify, the person must fit criteria for People Inc. Community Hab/Community Hab IRA. They must not require one-to-one supervision and must not have intensive behavioral concerns. The person must also have a goal that cannot be met by traditional services.

This is a mentoring relationship that remains short-term in nature and is intended to give someone a boost of extra support at a specific time in their life.

***I found a whole new side of myself.***

- Jen Giolando, who reached her goal of becoming a basketball coach

***Before he would say, 'Can I go?' Now he says, 'I'm going to the mall! I'm taking the bus.'***

- Deborah King, of her son Jason, who learned how to ride the bus independently

***It's an honor and a blessing to have someone who believes in what I set out to do.***

- Jason Smith, a participant who successfully shared his music with others through a social media campaign that culminated in meeting his idol, Stevie Wonder



### CONTACT

For more information, contact the Admissions Department at [admissions@people-inc.org](mailto:admissions@people-inc.org), or 716.880.3700.