



PeopleInc

Where your world opens up.

## LIFE QUALITY COACHING

*Developing sustainable skills to foster independence*



PeopleInc

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**Life Quality Coaching**

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## ABOUT LIFE QUALITY COACHING

People Inc.'s Life Quality Coaching program provides an opportunity for individuals to work towards a goal that doesn't necessarily fit into the box of traditional programming. All goals are short term and individualized for each participant to help them foster independence and create a greater quality of life.

### HOW IT WORKS

The program uses one-on-one coaching to achieve personalized goals in a three to six month time span. The program is built on a system of mutual accountability between the Life Quality Coach and individual 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 individual to have gained the confidence and tools needed to move forward with the goal on their own.

### LIFE QUALITY COACHING SOCIAL GROUPS

For individuals whose goals include improving their social skills, Life Quality Coaching offers the Guys Group and Girls Night Out. Both programs are short term, and give participants the opportunity to learn and improve their social skills within a comfortable, small group setting.

### WHO'S ELIGIBLE TO PARTICIPATE?

Life Quality Coaching eligibility is based off an individual's specific needs and desires, with participants varying in age and ability. This service requires a participant to be motivated toward working on and achieving their identified goals as outlined within the Life Quality Coaching agreement.

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

- Jen Giolando, a Life Quality Coaching participant, 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 my Life Quality Coach as 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 on Life Quality Coaching, call 716.880.3700. Want to join the Life Quality Coaching program? Ask your Medicaid service coordinator to make a referral.