

Division of Vocational Rehabilitation presents

# H.E.R.O. Workshops

*(Honor Education & Respect Others)*



**Tuesdays, 11:00 a.m. to Noon**  
**February 2 – May 25, 2021**

## Workshops will cover the Four Pillars of Growth

### 1 AWARENESS: KNOWLEDGE OF SELF

*(Four workshops in February)*

The Awareness pillar focuses on emotional intelligence. Students will discover and identify their motivations, their values, their beliefs, and their triggers. Students will also learn about celebrating diversity in honor of Black History Month.

### 2 KNOWLEDGE: BUILDING A CIRCLE

*(Four workshops in March)*

The Knowledge pillar will help students create a circle of positive influences.

### 3 SKILLS: ADAPTATION

*(Four workshops in April)*

The Skills pillar focuses on building adaptable skill sets to help students control their emotions when faced with discomfort, concern, difficult conversations, or interactions with others.

### 4 SELF-ADVOCACY: ACTION/EMPOWER

*(Four workshops in May)*

The Self-Advocacy pillar will teach students how to advocate for themselves and how to advocate for and mentor others who may not have the voice or ability to self-advocate.

**For more information, contact:**

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**A completed DVR Pre-ETS  
Information and Consent  
form is required prior to  
participation.**



Washington State  
Department of Social  
& Health Services

*Transforming lives*