



FREE PRACTICAL TOOL

Workplace or School Advocacy Prep

Prepare to ask for understanding, flexibility, or support with clarity and confidence.

Start here

- 1 State the situation in one sentence.
- 2 Name the impact on work, learning, attendance, or daily functioning.
- 3 Bring one or two realistic requests or accommodations.
- 4 Ask for the next step, the decision-maker, and a follow-up date in writing.

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