

The Ask: Invitation to Engagement

One Person, One Pair at a Time...

This workbook will guide action steps from **The Ask: Invitation to Engagement** workshop to help focus on one person you know with a disability and one person that you know (or could get to know) in the community.

How will you make **an invitation to engagement** and how could **your “Ask”** lead to friendship?



Please plan to print and use this during the two-day workshop, and as a supplemental tool in your future planning of invitations to engagement.

The Ask: Invitation to Engagement, March 8th & 10th 2022

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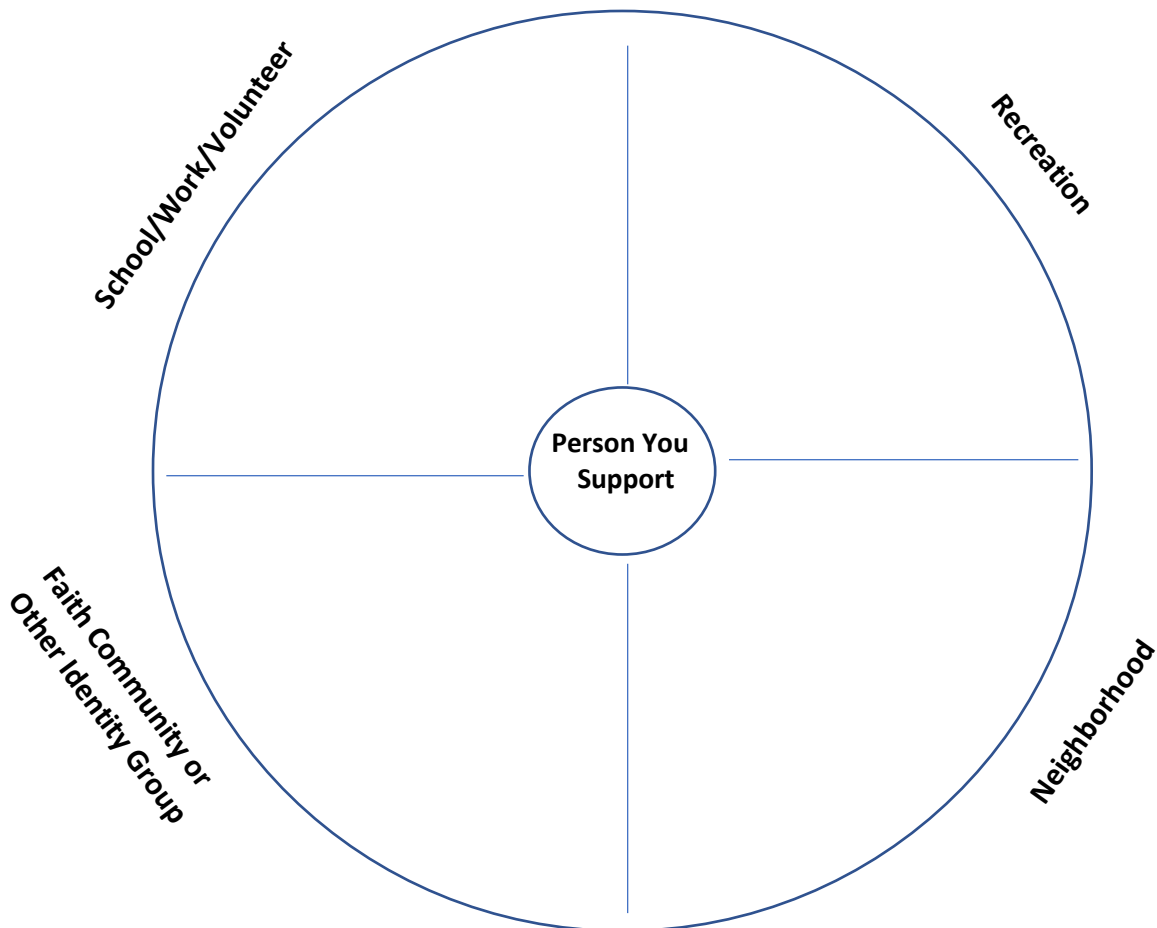
Exercise 1: Studying the Ordinary

Choose one situation from below. Using ordinary methods, what could you do to help the relationship deepen and progress from its original state to the later.

- **School**—Classmate to School Friend
 - **Work**—Coworker to Work Friend
 - **Home**—Neighbor to Neighbor Friend
 - **Church**—Fellow Parishioner to Church Friend
 - **Recreation**—Teammate to Team Friend
 - **Informal Membership**—Book Club Member to Club Friend
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Homework: Potential Relationships Map

As a first step in helping to identify who to “Ask”, fill in the below sectors with the names of **acquaintances** of the person you support.



Exercise 2: Setting the Stage for an Invitation

Think of the person you want to invite someone to engage with...

<ul style="list-style-type: none">• How would you describe them to others?• What do they like and dislike?• What are their pressing needs?	What type of person might appreciate or be a good fit for the person you support (ie- someone who is chatty, someone who loves dancing, someone who is patient)?	What do you hope the person you support will gain out of this relationship (ie- companionship, advocacy, assistance with shopping)?

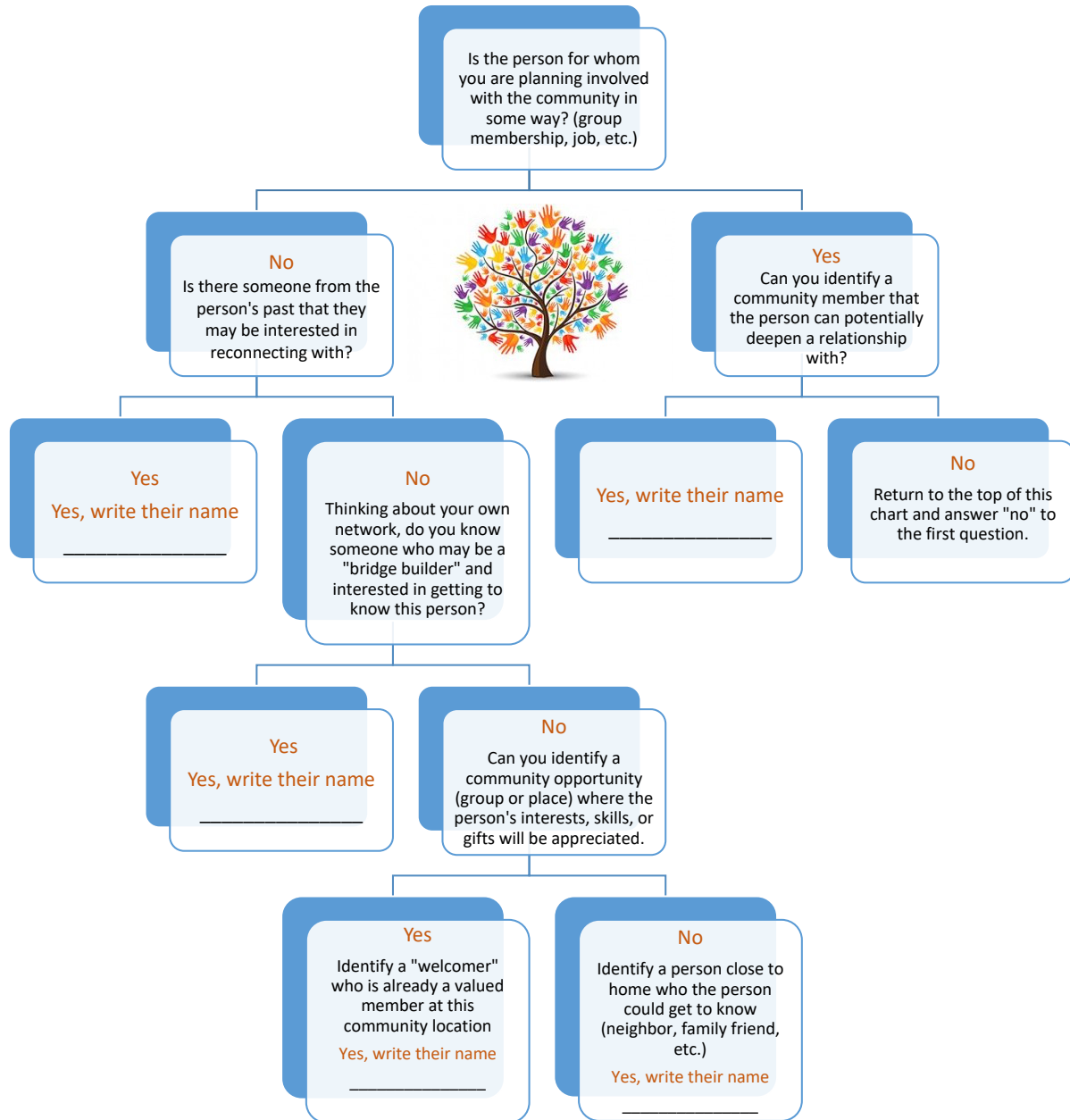
Selecting an Invitee to “Ask”

Look back at the Potential Relationships Map. Considering your answers to the above questions, who from this map would be a good person to extend an invitation to engagement?	What might the person you support and the person you are going to “Ask” do together?

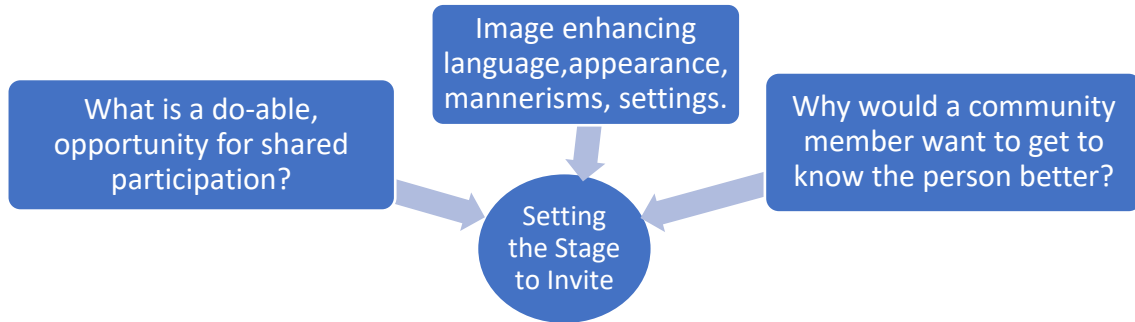
Share your responses with the other people in your group.

If you are unable to identify someone to “Ask” using the Potential Relationships Map, then please fill out this Relationship Tree.

Who Will Be the Focus of Your Invitation?
Use this chart to identify someone to be the focus of your invitation



Exercise 3: NOW You Are Ready- Become the “Asker”



Step One: Script your Invitation to Engagement- Write down what you will say to the community member

Hello...

Step Two: Role Play and make the Ask to a group member- Get and share feedback!

What worked? If something didn't work, what would have been better?

Tips and Takeaways:

The more you practice, the more effective you will get, so... KEEP PRACTICING, MAKE A PLAN, COMMIT, MAKE THE ASK, AND CELEBRATE!

Things to Remember When Planning for the Ask

When choosing an activity, ask yourself:

- How good of an opportunity is this to get to know *community members*?
- Is this outside of the *human service circle*? (This is probably the most important criterion!)
- If the person agrees/likes this/is willing to try it, is it *do-able*?
- How easily is the person likely to be welcomed?
- Identify potential hurdles that may be encountered and strategies to overcome.
- Do you or someone you know have a good connection to the place/activity already? It's always helpful to start with a *gatekeeper*.



And Remember:

- See the person as their gifts and what they are able to contribute
- Look for *people* and opportunities for *valued roles* rather than simply finding new activities
- See *opportunities* rather than limits
- Address a need that can add to connection
- YOU CAN DO IT, ASK!

Seek out resources -- Network to help find the *right* person -- Be an Asker -- Use your "Community Sense"-- Be sensitive to all parties -- Be Persistent