



Welcome

TECH AMBASSADORS



24/7 Check-In

Sometimes our systems – schools, agencies, make it too easy to for people to be passive and just let life happen *to* them!

Instead of having others in charge, it's important for the individual to be aware of their day. Be conscious. Be part of your life!

Question what you are doing or going to do.

Be present and accountable for yourself



24/7 Check-In

EXAMPLES	
Did I wake up to the alarm clock on time?	How am I getting there? Someone picking me up or am I taking a bus or walking?
Did I make the bed this morning?	Do I have enough time to get to the place I need to be?
Did I fold my night clothes today?	Did I clock-in at my job?
Did I take a shower/bath?	Did I say hello to people?
Did I put on deodorant?	Do I know what I'm going to do in my job today?
Did I decide to wear the clothes I want to wear?	Do I know how to do my job or should I ask for help?
Did I choose what I want for Breakfast	Did I remember to bring my lunch?
What coat/ jacket do I wear	What time should I get back to work after my lunch break?
Do I have money for the day?	What am I going to do when I get home? Live or "vegg"?



24/7 Check-In

How can a person remember to be aware?

- Post-its
- Lists
- Reminder App
- Calendar
- “Due” App
- Text messages or e-mails
- Journal– paper or electronic

Whatever the tool – Be Aware and check in with yourself 24/7



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Next Live Tech Ambassadors Session **February 6thth, 3:15PM**

