



**Digital
Advocacy Hub**

Personal development

Choosing your own future



**Easy
Read**

Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



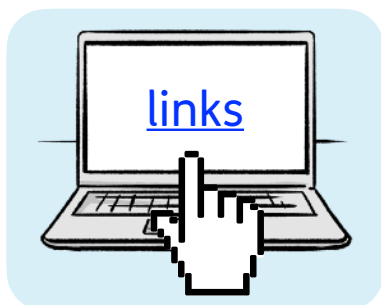
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



This information is from the n-compass Digital Advocacy Hub.

At n-compass, we think everyone should have the chance to:



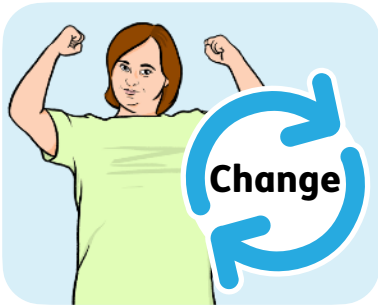
- Make choices and changes that will improve their life.



- Improve their **wellbeing**.
Wellbeing is the way you think and feel about life. Improving your wellbeing can help you to enjoy your life more.



We call this **personal development**.



Part of personal development is:

- Making choices and changes.



- Having more control of your life.



This booklet will explain:

- How you can **self determine** your own future.

Self determine means that you make decisions about your own life.



- How you can make more of your own choices.

Making your own choices

People reach their goals quicker when:



- They can make their own choices.



- The people around them respect their choices.

If you are stopped from making your own choices you might:



- Stop your personal development.



- Stop caring about your goals and stop working to reach them.



It is helpful to be around people and organisations who respect your choices.

Having the right information and skills



To work towards your goals, it is helpful to have the right information and skills,



When you have the right information and skills you will feel more confident about reaching your goals.



If you do not have the right information and skills, you may find it harder to reach your goals.

You can get more information and skills by:



- Taking part in training.



- Learning new information.



- Practising new skills.

Feeling part of a group

People are more likely to reach their goals when they:



- Have good relationships with other people.

Try to stay away from people who you do not get along with or who make you feel bad.



- Feel like they belong in a group of people.

If you feel like you belong in a group, you may:



- Be supported by other people in the group to reach your goals.



- Feel respected and cared for, making you want to reach your goals more.

Find out more



The n-compass Digital **Advocacy** Hub gives free and fair information about lots of different parts of life.

Remember, **advocacy** is helping people to speak or speaking up for them.



n-compass runs advocacy services across the north of England.



You can find out if we run services near you on our website:
www.n-compass.org.uk/our-services/advocacy



Or you can speak to us using the Sign video website:
www.ncompass.signvideo.net

This Easy Read booklet was produced by easy-read-online.co.uk