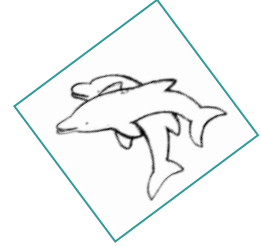


# Innovative Changes

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## Innovative Changes — Community Education and Consulting Services



### New Website!

#### Special points of interest:

- *New Website!*
- *Learn about 'Innovative Changes—Community Education and Consulting Services'*

These are exciting times for me, personally, and for my business. The creation of my business' website has been an illuminating journey for me as I've had to revisit my past and envision my professional future once again. I've had to inventory the stories and experiences that have led me to where I am today so that I could more clearly explain exactly what it is that I do. Hav-

ing to categorize and label my experiences, skills and knowledge has helped me to review for myself the services and expertise that I have to offer to my clients. It's also helped me to get to know myself better, the self that I am now, today. It's helped me to slow down and reflect on if, and how, I am **'walking my talk'** and actually **being** 'the change I want to see in the world'.

I'd like to thank all of my family and friends for their help and support as I've grown my business and I'd also like to thank Karen from 'Hen House Designs' for her support and assistance in creating this website.

All the best,

Kim

Innovative Changes —  
'helping people  
to help themselves'

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## Innovative Changes —Community Education and Consulting Services

### Community Development and Mobilization

'Helping people to help themselves' is the slogan for my business as well as being my professional mission statement. My

background is in nursing and I still use many of the skills that I developed over the course of my nursing career, i.e. communication, interpersonal, adult education, organizational, and plan-

ning skills. I've worked with many not for profit, governmental and non-governmental organizations, in a variety of capacities and have learned a great deal about grassroots movements and

## Innovative Changes - Community Education and Consulting Services

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**Helping people  
to help themselves.**

### Consulting

The 'consulting' part of my business, 'Innovative Changes – Community Education and Consulting Services', is about the assessment and asset mapping piece of my first meeting or conversation with you or a representative of your group. My consulting work has included one time workshop development and delivery; short term (less than 6 months), and longer term (over six months to 2 or 3 years) program development and or project coordination contracts. I provide my consulting services to individuals (1:1), small and large staff groups, to volunteer and employee committees and volunteer Boards of not for profit organizations.

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community mobilization from my experiences with them. I use a strengths based approach to my work with communities which means that when I begin work with a group or a community, I start with assessing their strengths, assets, and resources, and then facilitate visioning, goal setting, strategy development and action or implementation planning processes for them, and generally supporting and assisting them with 'helping themselves'.

Community education provides community based lifelong learning opportunities, values diversity (i.e. age, ability, literacy and education levels, ethnic background, nationality, and other cultural characteristics) and inclusiveness, and addresses local, community issues, interests and or concerns. It is based on the principles of self-determination; self-help; leadership development; bringing programs to where people live or work, in physical locations that are easily accessible; facilitates the establishment of close working relationships with other people, groups or organizations; recog-

### Community Education

nizes that resources are interconnected and uses them to their fullest potential; inclusiveness; responsiveness; relevance; and lifelong learning.

I provide my business services based on these principles and offer community workshops for a variety of topics including: literacy: family and health; Valuing Diversity, Leadership skills, Interpersonal and communication skills, volunteer Board Development; Volunteer Management, Customer Service, health and personal development, and others.