

Employment-Related Classes Offered by LILA's Employment Specialists



Eliminating Self Defeating Behaviors (ESDB) Class

This eight week class to eliminate self-defeating behavior (SDB) is a structured process designed to eliminate behaviors which are self-defeating to you. It will help you eliminate behaviors – fears about yourself or others, negative feelings about yourself, inefficient ways of acting etc – that prevent you from being the person you really are and from using your potential effectively towards your goal of finding employment.

When: Monday from 11:00 to 1:00 for 8 weeks

Your Class Begins: _____

Where: LILA office at **20 E 13th Ave**, Eugene (across from the Downtown Fire Station and FedEx Kinko's)

Self-defeating behaviors (SDB) are any feeling, fear, attitude, or behavior which obstructs growth and happiness:

- * Inferiority Feelings
- * Procrastination
- * Withdrawal
- * Fear of people
- * Lack of Motivation
- * Overweight issues
- * Poor Study Habits
- * Depression
- * Perfectionism

For more information please call LILA on 541-607-7020

Or email: James "Bo" Reitz at boreitz@lilaoregon.org

Kent Gross at kgross@lilaoregon.org



LILA is a cross-disability, consumer driven organization. Our goal is to help people with disabilities achieve as much choice, access, inclusion and independence as possible. We invite you to learn more about the many programs LILA offers and to consider becoming a voting member of LILA. Working together, we can break down societal barriers so that all people with disabilities are free to fulfill their potential.

April 23, 2015

This document is available in alternate formats (large print, Braille, electronic). To request, call LILA on 541-607-7020