

# ASDAN - Hub Program



## What is ASDAN?

**ASDAN**® is a charity with a vision to see the talents and abilities of people in greatest need held in high esteem. Its goal is to engage people in relevant and motivating learning programs that elevate them to achieve and progress to further education, training and work, and empower them to take control of their lives.



## ASDAN & Multicap Goals

ASDAN Reaches and targets the goals of our Multicap customer by the use of its Towards Independence category.

Towards Independence provides a framework of activities to develop and accredit personal, social, work-related and independent living skills.

Towards Independence offers formal recognition for small steps of achievement towards a larger goal. There are more than 70 modules, which can be used separately and accumulated to build a record of personal achievement.



## Program Cost

The initial starting out book is \$15 (This is only paid once). The cost of the workbooks for each module is \$10 and is a one off payment over the course of 12 weeks.

First time ASDAN user weekly cost - approx \$2

Existing ASDAN users weekly cost - less than \$1



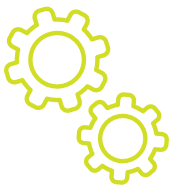
## Engaging with the world around me

Are you looking to increase your engagement with your local community? ASDAN's course on 'Engaging with the World Around Me' can help you do just that! Through interactive lessons and activities, you'll learn how to better connect with your community, explore new interests, and embrace new experiences. By the end of the course, you'll have the tools and confidence to actively engage with Events and the People in the world around you and make a positive impact on your own life and the lives of others. Don't miss out on this opportunity to broaden your horizons and enhance your life!



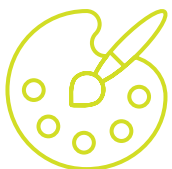
## Time Management & Self-Organisation

ASDAN's Time Management & Self-Organisation course is for people who often find themselves overwhelmed by their workload and struggling to meet personal deadlines. With this course, you'll learn practical strategies for managing your time effectively, prioritizing tasks, and staying organized. You'll also discover how to set achievable goals and develop a plan to achieve them, helping you to feel more in control of your workload and reduce stress.



## Work Awareness

Are you looking to improve your work awareness and become a more productive and efficient employee? Our ASDAN course on work awareness is just what you need! This course will guide you through the most important aspects of work awareness, Health and Safety, prioritisation, and work-related activities. You'll come away from the course with practical skills and knowledge that you can start preparing to enter your working life. Don't miss out on this opportunity to enhance your career potential - enrol in our ASDAN work awareness course today!



## Craft Making

ASDAN Craft Making is a certified course designed to bring out your creative side. With our guided and hands-on instruction, you'll learn how to create stunning, one-of-a-kind crafts that reflect your unique personality and style. Our course is perfect for anyone who wants to explore their creativity, develop new skills, and make beautiful, handmade items that they can be proud of. So why wait to try something new?



## Looking Smart & Independent Living - Intro

ASDAN's Looking Smart & Independent Living course is perfect for people wanting to bring a little more organisation and structure to their home lives. This comprehensive program covers everything you need to know to take control of your life and succeed in all areas, from fashion and grooming to household chores and home management. With our team's guidance and practical tips, you'll learn how to project confidence, build a strong personal brand, and achieve your goals.



## Geography

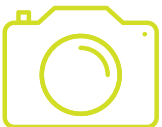
ASDAN's Geography course will allow you to explore and make new discoveries in the world around you. You'll examine your local area, learn about mapping the weather, and have a look at the far away places in the world.

This course is for adventurers who want to learn what fun and exciting things the world has to offer. By the end of the course, you'll have a greater appreciation for the incredible diversity of our planet and the many ways in which we are all connected. Let Your journey start here!!



## Multi-Sensory + Baking

The ASDAN Multi-sensory & Baking course is designed to help you enhance your baking abilities by and achieve new multi-sensory experience. In this course, you'll learn how to use your senses to create the perfect textures, flavours, and aromas in your baked goods. You'll also get to explore new ways to relax and fulfill your sensory needs. Our team will guide you through the entire process and provide you with personalized instructions to help you improve your skills. Join the ASDAN Multi-sensory & Baking course!



## Photography & Multimedia

Are you passionate about photography and multimedia and want to take your skills to the next level? Join the ASDAN course today and learn from professional certified lessons that will teach you the essentials of photography and multimedia. Through hands-on experience and personalized feedback, you'll develop your creativity, technical skills, and aesthetic eye. This comprehensive course covers everything from basic camera usage to editing your pictures on the computer, so you can capture stunning images and videos that tell a compelling story. Sign up now and become a master in photography and multimedia!



## Meal Preparation & Cooking - Introduction

ASDAN's Meal Preparation and Cooking Introductory course is perfect for people wanting to get equipped to life in the kitchen! In this course you will learn the fundamentals of cooking, including kitchen safety, Using equipment, and cooking techniques. You'll learn how to create a variety of meals, from quick and easy snacks to more elaborate meals. By the end of the course, you'll have the beginner skills and confidence to whip up meals that will impress even the toughest food critics.



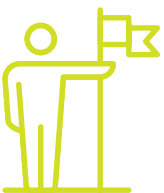
## Meal Preparation & Cooking - Progression

ASDAN's Meal Preparation and Cooking Progression course is perfect for people wanting to get equipped to life in the kitchen and expand on their basic knowledge from ASDAN's Introduction course! In this course you will learn the fundamentals of cooking, including kitchen Safety, using advanced equipment, and planning/preparing meals for entertaining and everyday meals. You'll learn how to create a variety of useful techniques in the kitchen, from the presentation of meals to correct food storage. By the end of the course, you'll have the skills and confidence to provide a perfect dinner party for you and your friends!



## Sound, Rhythm and Music

Do you have a passion for music and want to explore the world of rhythm? ASDAN's Sound, Rhythm, and Music course is perfect for you! This course is designed to help you develop a deeper understanding of music theory, rhythm, and sound production. You'll have the opportunity to explore the world of music through various sound production techniques, and recording software. By the end of the course, you'll have a solid foundation in music theory and the practical skills to produce your own unique sound. Join us today and start your journey towards becoming a skilled musician!



## Self-Advocacy and Myself & Others

ASDAN's Self-Advocacy and Myself & Others course is designed to empower you with the tools to confidently communicate your needs, set boundaries, and advocate for yourself. Through interactive lessons, group discussions, and individual exercises, you'll learn how to navigate difficult conversations and build stronger relationships. Join us today and take the first step towards a more assertive and fulfilling life!