ES/SD/CD/VM/DDC/WS/0001



**Disclosing Disability Confidently**

What worries you about disclosing your disability to employers/others?

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What consequences could there be if you choose not to disclose your disability?

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What are the benefits to disclosing your disability to others/employers?

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Having a plan for anything often makes us feel more confident. Why should disclosing your disability be left to chance?

This worksheet will help you identify the personal benefits for disclosing your disability to employers and create a plan that will make you feel confident when the time to disclose comes.





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Adjustments or support required

How to describe disability in a formal & informal setting

Associated barriers or work restrictions

Sensitive Information

Personal Strengths

Job goal or sectors of interest





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