



K.i.N.D

SELF-ADVOCACY KIT

**A GAME OF
CONSTRUCTIVE
CONVERSATION**

K.i.N.D. Self-Advocacy Kit:

A Game of Constructive Conversation

The **K.i.N.D. Self-Advocacy Kit** is an interactive training tool designed for workshops, group learning, and individual study. It gamifies the development of a "**Universal Self-Advocacy Language**" by challenging participants to navigate real-world scenarios—ranging from workplace delays to peer pressure—using a structured communication framework. Through this interactive approach, users learn to replace emotional reactions with objective, fact-based communication, moving from a "Trainee" level to "Certified Expert" status.

The game centers on the **K.i.N.D. framework**: Knowledge (the mirror), Intention (the compass), Need (the stop sign), and Deal (the open door). By practicing these four steps, participants build the muscle memory required for effective self-advocacy in high-pressure environments.

Created by Chaela Grace Kindness to complement her work towards advancing self-advocacy, this kit is not for publication; it is supplied exclusively by **KiNDNESS Consulting** as a practical resource for fostering constructive, non-rivalrous communication.

