

DISABILITY IN THE WORKPLACE & CAREER SUPPORT

A CALM COLOURING WORKBOOK



ACCESS & COMFORT



CAREER CONVERSATIONS



MY NEXT STEPS

A gentle space to colour, pause and think about what helps you feel included and supported at work.

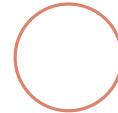
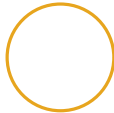
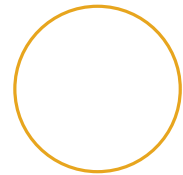
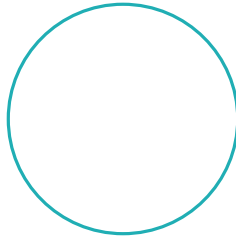
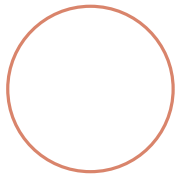
Use these pages in your own way

There is no right order. Colour, write, skip a prompt or come back another time. Your needs and the support that helps you are individual.

Arriving in this moment

A calm start before thinking about work

Take a breath that feels comfortable for you. Let your eyes rest on the page, or begin colouring straight away. You can use this workbook privately and choose only the parts that feel useful.



What would make these pages easier for me?

For example: a quiet place, larger print, a break between pages, a different colour, someone alongside me, or no writing at all.

Right now, I would like...

- ☐ to colour
- ☐ to think quietly
- ☐ to write a little
- ☐ to pause

A gentle reminder

My value is not measured by how much I can do, how quickly I work, or whether I ask for support.

One word for how I want this moment to feel:

A workspace that works for me

Small changes in the environment can make a real difference

As you colour, notice which parts of a work setting feel comfortable or useful. Your needs may change across tasks, places and days.



What helps me feel more comfortable, focused or able to take part?

Support and adjustments

You can start with what would help you do your work

You might want to explore changes to tasks, communication, equipment, timing, sensory demands or the way information is shared



A situation that can feel harder...

Something that may help...

My strengths and direction

Career support can begin with what matters to you

There is no single route through work. Notice the skills, interests and ways of working you want to build on, even if they are not all



A strength I bring, or a kind of work I would like to explore...

My gentle next step

A plan can be small, flexible and yours

Choose one idea from the pages, or start with something new. You can leave any part blank. A next step might be asking a question, finding information, noticing what helps, or resting before deciding.

One thing I would like to make easier, change or explore...

A person or service I could talk with...

What would help me feel ready...

If I need a pause or another way to communicate, I can...

Support might include a manager, a trusted colleague, an occupational health team, a careers adviser, a union representative or a specialist employment service. The right person depends on your situation and what you want help with.

A reminder to take with me:

I can ask questions, take time, and change my mind about what feels helpful.

Colour the small circles as you finish — or leave them for another day.

