

## Certificate of Completion

### Social Thinking Webinar

#### How to Ask for Help: Why It's Hard & How We Can Help

60 minutes, or 1 contact hour, of instruction.

Original webinar took place April 6, 2023.

The recording is available to be watched any time at [www.socialthinking.com/webinars](http://www.socialthinking.com/webinars)

It's human nature to want to help others, but it's often difficult for people to ask for help, especially those with social emotional learning differences. In this webinar, we'll discuss why children, students, and adults may resist help or refuse to ask for it and we'll deconstruct the multi-step process through which we ask for help. We'll also explore the social emotional benefits for all participating in this unique and rewarding relationship.

In this free 60-minute webinar, you will learn:

- Why individuals resist help or refuse to ask for it.
- A multi-step process for how to ask for help.
- Benefits gained by all participating in this unique and rewarding relationship.

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Participant

*Elena Samsonova*

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