

COURIER IMPACT



Seth

I read about Good Foot on the internet while I was looking for a job. I had had a couple of jobs before. Nothing worked out for me. It had been extremely difficult. I strongly agreed with the message and the mission of Good Foot. I deeply wanted to join them.

For me, just being at home all day isn't good. This job helps me get out and be involved in the community. I'm really a solo person, so **having this job allows me to do things I've never done and see places I've never seen before. Having a job also helps me have a liveable income.** The job at Good Foot allows me to live a more normal life.

It's the mission at Good Foot I really appreciate. I can get a job at McDonald's, but there's not a lot of help out there for neurodivergent individuals. **At Good Foot, you get the support and the skills you need to help you move up in life. It helps in breaking down the barriers. At Good Foot, you are given a chance to succeed.**

While working at Good Foot, my communication skills have gone up. Before, I wouldn't talk to people. Now, I'm more willing to communicate with others. My navigation skills have really improved; I'm confident in this area now. **My independence has also improved. I can hold a job and learned that work is for me.** I'm not just someone that's unable to hold a job or do things on their own.

I get a little help sometimes. Good Foot helps. There are still little difficulties socializing in my personal life, but **working with Good Foot has improved things. It's a tight-knit group. We're all close with each other; it's like we're a family.**

I run one of the social events myself—the D&D game. I saw there was a need for this specific activity and advocated for it with Good Foot. **As Dungeon Master, I'm proud of all my players in the game. When we started, many of them were shy and reserved, but they've really come out and blossomed.** I'm happy that Good Foot has provided the opportunity to play every week. I'm so grateful to run it and couldn't have done it without Good Foot and the players. It's a great success.

If there was one thing I wanted other employers to know about neurodivergent individuals it would be that we are capable and that we can work and that you just need to give us a chance to succeed.