

# COURIER IMPACT



## Jack C.

**Having a job at Good Foot gives me the feeling that I'm contributing to society and really able to stand on my own two feet with dignity.** Sometimes other workplaces feel like they don't know how to handle me. They don't understand the thought processes of somebody who's on the autism spectrum. At Good Foot, there's so much more understanding, and people are a lot more forgiving of little mistakes that may happen.

I find that the staff here understand my brain a little bit better and anticipate how things can be a little different. At Good Foot they aren't pushing for results. Instead they're just encouraging me to get better at new tasks and settings. That's something I really appreciate.

I notice the impact that Good Foot has on my friends here as well, and see how people gain confidence in communicating with others. **I've had more confidence in myself since I've started here and I like that people see how hard I work and see how much I care.** In previous jobs, I felt that people didn't always see that side of me. I used to feel so frustrated when I was never given anything meaningful to do.

Sometimes I tend to magnify small mistakes that I make, and think that people don't like me. Getting feedback from Good Foot has been really helpful to stop those thoughts from happening. I've never been able to have an open and honest conversation at my jobs before, and I think it helps me identify things I can improve on in a way that is very supportive. I like having a job that is predictable and steady. I like knowing what I'll be doing each day.

I've also been given more responsibilities at Good Foot. After several years I started working as a trainer, and I really enjoy that. I like seeing how people grow and learn and come to make friends. **This was really the first time I was given the opportunity to teach anybody and help someone gain new skills.**



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I've never been given the chance to be a leader before and I appreciate that more than anything else. As I took on additional responsibilities at Good Foot, it didn't feel like people were pushing things on me too fast. Things increased at a good pace for me, and it made the new responsibilities easier to manage. Because they went at my own pace, I ended up growing comfortable with them. **I think people at Good Foot understand that I'm trustworthy and I can do anything I set my mind to.**

Before Good Foot, I knew a little bit about navigating around Toronto, but this job has really taken me to places I'd never even visited. I learn a lot about people who live in each place and I learn about the cultures in each different part of the city. I've also learned a lot about how to measure travel times, and distances which I find really helpful outside of work. I like that Good Foot and my Out placements give me the chance to get more involved in the community. Recently I went out with Courage Cookies to deliver goods and clothing to people in need around my home in Regent Park. It felt really nice to do that and feel like I was giving back to my community.

When it comes to autism, I think employers should know and they should understand that not everybody is the same. I think, especially with neuro-divergent people, that we tend to see the world in a different way than most other people. Employers need to have a lot of patience with neuro-divergent people. Sometimes we work at different paces, but we'll get the job done. **We may think a little bit differently and I don't think that's the worst thing in the world. I think employers should take a chance on us.**

At Good Foot and my Out placements, I have always felt included. There's a real sense of comradery and my opinions are always listened to.

