



Interview with Nikkia Morton ILO Life Coach

1. What do you like about working for ILO?

"I enjoy working with the Self-Advocates, helping them discover things and seeing improvement within themselves. I like to witness the growth that they make. Everyone I have met is very nice and friendly. It's very family-oriented."

2. How is that going? Do you feel like you are part of a team?

"Yes. I feel like everyone has their own individual strength. And everything fits together like a puzzle."

3. What do you think about ILO's program goals and vision for the young adults and their families – is it worthwhile? Is it realistic?

"Yes. Very. I've worked with people who are all over the spectrum. I've never seen a company work like you guys. It's really different, but in a good way. I feel it promotes more independence and actual support, more than just holding hands. There are not a lot of companies that work like this. ILO is different, but in the best way."

4. How do you like working with the self-advocates? What do you find most challenging, what is most rewarding?

"I really like working with them. Sometimes it's challenging to build your relationship [with the SA] because everyone interacts with people differently. Sometimes it's hard to find your groove with each other. It just kind of flows together. You work as a team. It's not like you're their staff. You're more like a friend to them."

5. What would be one or two tips you would give other life coaches?

"Everyone's path is different. Patience will take you far."

"Be authentic. Be yourself. It's important to not just try to do the job but being authentic. And you're creating genuine relationships, and that's very important."

6. What are your interests and passions, hopes and dreams?

Interests – "I like cooking and going to the gym."

Passions – "Interpreting – ASL (American Sign Language)"

Hopes – "To be a mental health interpreter and focus on people who have any sort of disability – interpreting for them."