



# Speech Therapy Notebooks Club

# MANIFESTO

The Speech Therapy Notebooks Club was founded by Kathryn and a small group of SLPs seeking to support each other in meaningful connections and great therapy materials!

**Learn what it means to be a Notebooker and what makes us different!**

1. *We don't wear "busy" as a badge of honor!*

Being an SLP is a demanding role and sometimes we can find ourselves in a position where the job spills over into everyday life.

When that happens, we seek support (both practical and moral) from other Notebookers to find a solution and ultimately to find our way back to balance.

2. *We value time for self-care, and we advocate for it for ourselves and others.*

Family time, hobby time, work out time, or just "me" time! We need this in our lives to be an effective SLP. Notebookers support each other to hold space in our lives to nurture our physical and mental health.

3. We use the concept of "Constructive Encouragement"\* to support each other and to support our colleagues.

Recognizing that Notebook Club members are at different stages of life and career journeys, we encourage each other to strive for high, yet realistic, standards in our SLP work. We take opportunities to share with and learn from each other.

\*Read more about Constructive Encouragement and Evidence Based Practice in [this article](#).

4. We seek meaningful connections and communication with others in our lives and make time for this to be our reality

Busy lives and social media can leave connection at a superficial, surface level.

As SLPs we value communication in all its forms but recognize the restorative value of connecting for conversations over coffee with friends, family and colleagues!

5. We value simple, effective therapy activities balancing low prep with the occasional "WDW" activity!

Notebooks provide a simple, traditional format for therapy materials that can be as straightforward or complex as each SLP chooses. We recognize that the value in the activity is not in the beauty of the completed page but in the progress towards student goals.

