lifesherpa™

Innovating Inclusion: LifeSherpa's Impact at Legacy Farms

LifeSherpa and Legacy Farms have joined forces to empower neurodivergent individuals within the Legacy Farms' community. Leveraging LifeSherpa's platform, Legacy Farms streamlines data collection, enhances program assessment, and engages apprentices for feedback. This efficiency drives pioneering programming, positioning Legacy Farms as a leader in neurodiverse workforce development. Together, they foster creativity and support, securing vital funding and creating an environment where neurodiverse individuals thrive.

Legacy Farms is an inclusive hub offering apprenticeship-style learning and jobs within a neurodiverse community. They nurture talents, extending their workforce beyond traditional boundaries. LifeSherpa's integration boosts efficiency and supports neurodivergent apprentices' potential. Together, they champion equality, envisioning a future where neurodiversity flourishes in society.

LifeSherpa Uses at Legacy Farms

Timekeeping
Apprentices enter their hours at the end of each workday to streamline timekeeping for payroll.

Daily Reflections
Apprentices use a garden workday questionnaire to reflect on tasks completed, mindfulness reflections, and identification of tasks to be completed during their next workday.

Work Resources
Videos, links, and text can be found in a resources tile for apprentices to access "how to" videos for garden skills and guided mindfulness practices.

Evaluation Tracking
Daily reflections, self-assessments for skills tracking, and self-assessment for self-awareness are utilized by the evaluation team to track progress of skills and self-growth in the program.

Legacy Farms Evaluation Tracking with LifeSherpa

Legacy Farms has three areas of assessment and LifeSherpa makes it possible to do daily and quarterly data capture direct from apprentices:

Personal Development

This is the most essential and complex area of tracking and research since it is central to the Legacy Farms program and focused on development of the self which is less quantifiable.

1. *Quarterly Seasonal Reviews* that give information on frequency of mindfulness practice at that stage
2. *Daily Reflections* highlight completed tasks and prioritizing future work to cultivate initiative, discernment, and leadership qualities
3. *SAOQ (Self-Awareness Outcomes Questionnaire)* completed pre-program and quarterly to assess four areas of self-awareness
4. *Semi-structured interviews* collected into Otter transcription, combined with daily mindfulness responses from LifeSherpa

Apprenticeship Skills Training / "Train to Work"

Legacy Farms tracks the development of independent work skills in 18 garden tasks ranging from early educational training tasks to garden apprenticeship responsibilities to entrepreneurial apprenticeship and/or mentor-in-training advancement. Quarterly data collection tracks each apprentice's status (full assistance to independence).

1. *LifeSherpa:* Apprentices self-assess on each skill, quarterly
2. *Mentor report:* Skills assessment, quarterly

7-Step Program

Starting with interviews and work agreements, followed by on-the-job training, timekeeping, performance reviews, resume building, and job references, we track each apprentice through these seven steps. During the first year, apprentices move sequentially through each step. If they return for a second year, they develop deeper skills in each area.

1. *LifeSherpa:* Apprentices complete Seasonal Review, a self-report of status through the 7 Step process
2. *Mentor report:* Seasonal review, quarterly notes status on each step

"LifeSherpa has become the central tool used in our organization to collect apprentice data, perform regular assessments of progress, and analyze program effectiveness. Making use of LifeSherpa's data collection and output capabilities has led to new grants, more substantial awards from existing funding organizations, and increased contributions from donors. It has made Legacy Farms a stronger organization in multiple areas: from program development to direct client services to fundraising."

Laurie Young, Executive Director, Legacy Farms

About LifeSherpa

LifeSherpa is a remote software that empowers support professionals to enhance capacity, visibility, and client outcomes. Through digital remote support and personalization, individuals can work closely with support professionals to improve in various areas of life including work, home, and personal health.

LifeSherpa
12100 Sunset Hills Road, Suite 150, Reston, VA 20190

lifesherpaapp.com