

# Let's Talk Learning Disabilities

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## EPISODE 23

In this Episode, Laurie and Abbey talk with a friend of theirs who is no stranger to the podcast, Beth McGaw, founder of Launchpad Consulting Group. This time they talk about help and support for those going through college, transitioning from college to the workforce or even adults looking to make a change in their career.

### **Finding the Right Career Fit (2 min)**

As an adult with a learning disability, the thought of making a career change can be daunting. Beth offers insight into how her services can help bring clarity to an individual's strengths and weaknesses, which helps them find a career where they will feel fulfilled and be successful in. This all begins with assessments and digging in to what her client is passionate about. Not only will a college and career consultant assess someone's personality, but they'll walk with you through applying for jobs, interview skills and resume writing skills. This process can begin anywhere from before a student goes into college, to an adult realizing they'd like to change fields.

### **Changing Careers with a Learning Disability (4 min)**

In the discussion with Beth, Laurie and Abbey ask about what it looks like to change careers when you have a learning disability and what challenges one might face. Truthfully most people are bound to change careers at some point in their lifetime. On average, people change careers 5-7 times during their time in the workforce, and that's no different for individuals with learning disabilities. A great way to take the first step in changing careers may be to have a discussion with someone in that field to get a good expectation of what experience and education is needed, and what personality and skill set matches best for that type of role. Find out more about your own personality, and you'll be able to know what career path may sync best with you.

## **Disclosing Learning Disabilities in the Workforce (14 min)**

When is the best time to disclose to your employer or potential employer that you have a learning disability and need certain accommodations? Beth recommends approaching this in a different way. Learning disabilities are a very personal thing, and instead of disclosing that certain accommodations are required, a good approach would be bringing up ways that help you perform at your best. For example, if you are applying for a personal trainer position and you have trouble with remembering the order of the exercises, ask the question to your potential employer, would it be ok for me to have notes of the exercises with me during a session? Being honest about how you perform best is typically well received and having the confidence to ask those type of questions comes from knowing more about how you function best.

## **Finding a College and Career Consultant (30 min)**

College and Career Consulting is not a very well-known field, there is not a ton of awareness around it yet however, thankfully through the internet and recent leaps in the accessibility of virtual services, it is something that can be found online. Beth offers her services through Launchpad Consulting Group and has a network of additional resources available as needed. These services can be started as soon as someone starts to choose their career path or college application choices, and can carry through to adulthood. Check out the show notes for more about Beth and how her group is helping young adults into adulthood.

## **Resources**

Beth McGaw - [bethmcgaw@gmail.com](mailto:bethmcgaw@gmail.com) or call 404-401-9400

Launchpad Consulting Group website: <https://launchpadconsultinggroup.com>

Contact info for the podcast: [letstalklearningdisabilities@gmail.com](mailto:letstalklearningdisabilities@gmail.com)

E-Diagnostic Learning Website: <https://ediagnosticlearning.com>

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