



Course Progress Tracker:

The Perfectly Imperfect Professional



your friend in sex ed,



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Hi, I'm Niamh
@myfriendinsexed

We know that every brain works differently, and progress isn't always linear. That's why we created this Progress Tracker- to give you permission to move through the course at your own pace and in your own way.

This tracker is designed to help you reflect on where you're at, celebrate the small wins, and keep you connected to the course material in a way that feels supportive, not overwhelming.

Whether you're ticking off modules, jotting down thoughts, or just taking it one step at a time, this tool is here to help you stay grounded and focused, without the pressure.



Permission to be both

- Welcome
- Accessibility
- Permission to start messy
- Connecting the dots

Permission to be in progress

- The Emotional Brain Vs Reality
- Working with your brain
- The professional roller coaster
- Imposter syndrome and other lies



Permission to learn out loud

- Learning out loud: the courage to be seen
- Neurodivergent burnout pt 1
- Neurodivergent burnout pt 2
- Redefining success

Permission to connect

- Building your support network
- Keeping the momentum going



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