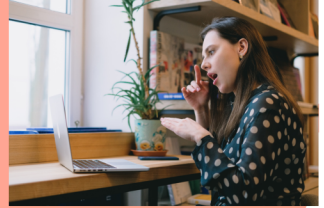


Sweet P Consulting  
& Facilitation



Presents



# Starting to Communicate Using American Sign Language

[www.SweetPConsulting.com](http://www.SweetPConsulting.com)  
A Beginning Guide



# DEDICATION



To Terri and Sandie

I'm forever grateful that our paths crossed, that our friendship blossomed, and our communication soared! Thank you for helping me fulfil my dreams!!

May we always share our special bond and help others understand the richness received from being able to share our lives, our beliefs, our hearts and our talents through ASL.

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STARTING TO COMMUNICATE WITH ASL

## ABOUT THE AUTHOR



Hi! I'm Pam, the Founder of Sweet P Consulting & Facilitation. I am a certified coach, employment specialist, curriculum developer, and skilled facilitator dedicated to helping individuals thrive. Throughout my career, I've continued teaching and using ASL, witnessing the transformative impact it has on individuals and communities. With a passion for empowerment, I have devoted my career to equipping people with the skills necessary for personal and professional success. Through engaging programs tailored to each participant, I've helped countless individuals discover their passions, build confidence, and realize their dreams.

# Introduction

Effective communication is the cornerstone of professional success, yet many overlook the power of connecting with diverse audiences, including those who use American Sign Language (ASL). As the third most used language in the United States, ASL is a vital tool for fostering teamwork and building meaningful connections. Without it, you may miss opportunities to expand your reach, demonstrate cultural awareness, and elevate your professional value.

This PDF provides an accessible introduction to ASL, providing a starting point to learn the basics of this powerful language. While it's not a replacement for formal training, you'll find basics like the alphabet, numbers, essential vocabulary, and common phrases to help you take the first step toward mastering a skill that sets you apart in the workplace.

My journey with ASL began when I was eight years old. Driven by curiosity, I taught myself and a friend the alphabet and we shared 'secret messages' during bus rides—a simple beginning that sparked a lifelong passion. As a teen, I worked at a camp where I met a Deaf secretary to the Executive Director. That experience opened my eyes to the beauty of non-verbal communication.

Later, I sought advanced training from professors at Gallaudet University and, with their encouragement and support, began teaching ASL to others while still in high school. The overwhelming interest in my community college classes solidified my mission to bridge the communication gap between hearing and Deaf/Hard-of-Hearing (Deaf/HH) individuals.

Throughout my career, I have taught and used ASL, witnessing its transformative impact on individuals and communities. From parents communicating with their Deaf/HH children for the first time to professionals engaging new audiences, ASL fosters connection, replaces isolation with belonging, and empowers individuals to understand and engage with the world around them—turning tears into smiles and lifting spirits in profound ways. The personal joy, life-long friendships made, and blessings received is priceless.

The benefits of learning ASL are immense. It enhances your communication skills, demonstrates a commitment to connecting, and positions you as a leader who values everyone. Imagine confidently bridging communication gaps in professional settings, creating opportunities for growth, collaboration, and success.

At Sweet P Consulting & Facilitation, our Conversational ASL program - led by a native Deaf coach - takes learning to the next level. Participants gain hands-on experience with fingerspelling, numbers, and essential signs through videos and personalized guidance. This immersive approach ensures you're not just learning ASL but truly integrating it into your professional toolkit.

The time to act is now. Waiting only delays the chance to broaden your horizons, connect with new audiences, and unlock doors to personal and professional growth. This PDF is your stepping stone—use it to start your journey today. Then, take the next step by enrolling in the Conversational ASL Program at [www.SweetPConsulting.com](http://www.SweetPConsulting.com).

Expand your skills.

Embrace connecting. Unlock new opportunities. The power of ASL is waiting for you—start today!

## MEET YOUR COACH



Hi! I'm Sandie, your enthusiastic coach at Sweet P Consulting & Facilitation for Conversational American Sign Language (ASL). As a native user of ASL, I'm deeply passionate about connecting with people and empowering others to enhance their communication skills and express themselves authentically. I bring kindness, compassion, and a dynamic approach to communicating, helping you build confidence and fluency in ASL. I'm excited to work with you and unlock your ASL potential!

## The Alphabet



**A**



**B**



**C**



**D**



**E**



**F**



**G**



**H**



**I**



**J**



**K**



**L**





**M**



**N**



**O**



**P**



**Q**



**R**



**S**



**T**



**U**



**V**



**W**



**X**

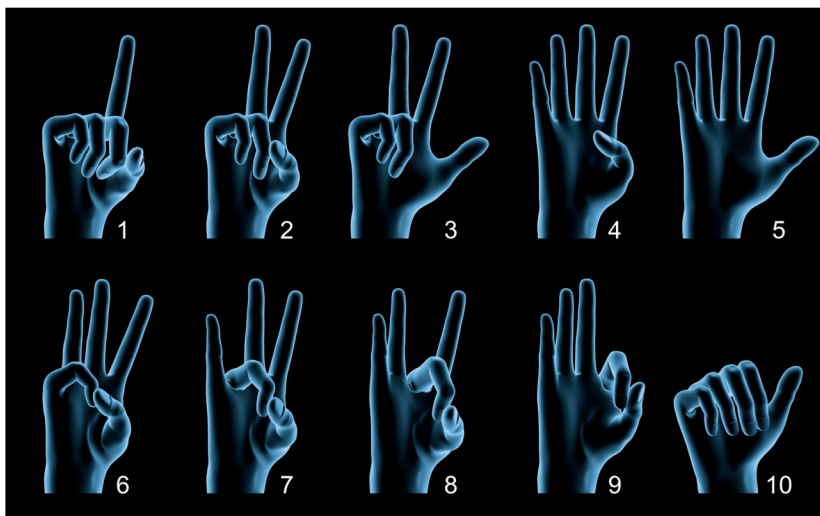


**Y**



**Z**

## Numbers 1-10



The Conversational ASL Program provides additional resources, including numbers, vocabulary and phrases, along with video demonstrations. Visit [www.SweetPConsulting.com](http://www.SweetPConsulting.com) for more information.

## **Discussion Vocabulary**

The following pages provide an introduction to vocabulary words and common phrases frequently used in conversation.

For video demonstrations and a full list of vocabulary, register for the program at [www.SweetPConsulting.com](http://www.SweetPConsulting.com)

- |                            |                      |
|----------------------------|----------------------|
| <b>1. YES</b>              | <b>12. SLOW</b>      |
| <b>2. NO</b>               | <b>13. AGAIN</b>     |
| <b>3. WANT</b>             | <b>14. REMEMBER</b>  |
| <b>4. DON'T WANT</b>       | <b>15. THANK YOU</b> |
| <b>5. UNDERSTAND</b>       | <b>16. WELCOME</b>   |
| <b>6. DON'T UNDERSTAND</b> | <b>17. REFERENCE</b> |
| <b>7. CAN</b>              | <b>18. PLEASE</b>    |
| <b>8. CAN'T</b>            | <b>19. HELP</b>      |
| <b>9. NEED/SHOULD/MUST</b> | <b>20. GOOD</b>      |
| <b>10. RIGHT (CORRECT)</b> | <b>21. BAD</b>       |
| <b>11. WRONG</b>           | <b>22. FINISH</b>    |

## EXAMPLES OF CORE ASL VOCABULARY AND PHRASES

offered in Conversational ASL

### Core Vocabulary Words

1. Yes
2. No
3. Maybe
4. Understand
5. Don't Understand
6. Like
7. Don't Like
8. Want
9. Don't want
10. Right (correct)
11. Wrong
12. Question
13. Slow
14. Thank you
15. Welcome
16. Remember
17. Reference
18. Please
19. Sorry
20. Bathroom/Toilet
21. Restroom
22. Oh, I see
23. Sign
24. Good
25. Fine
26. So-So
27. Bad
28. Busy
29. Work
30. Deaf
31. Hearing
32. Hard-of-Hearing
33. Learn
34. Who
35. What
36. Where
37. When
38. Why
39. How
40. This
41. That
42. What For
43. What Do
44. Which
45. Answer

### Sample Common Phrases

1. Hello
2. Good morning
3. Good afternoon
4. Good evening
5. Nice to meet you
6. Thank You
7. You're Welcome
8. Excuse me
9. Please help me.
10. How can I help you?
11. I'm sorry
12. I was wrong
13. Take care
14. Be Careful
15. Please supervise the project.
16. You are my supervisor.
17. Are you coming to the meeting?
18. Did you go to that meeting?
19. How are you?
20. What's up?
21. Are you Deaf or Hearing?
22. See you later
23. I don't know.
24. I am not sure.
25. Yes, I know.
26. What is your name?
27. Have a nice day
28. Who is that?
29. I am busy, but how can I help?
30. Where can I find the information?
31. When are you taking leave for vacation?
32. Are you sick?
33. Why is this important?
34. What hours are you working?
35. Who is going to the offsite?
36. When will the project be completed?
37. How often do you want me to do this?
38. I understand (don't understand) what you are asking
39. Please sign slow so I understand.
40. I am learning ASL
41. Where do you work?
42. Can we have lunch together?
43. Where is the restroom, please?
44. Thank you for signing slowly.
45. Who is your reference?



This PDF provides basic information for individuals to expand their knowledge of American Sign Language (ASL). **Thank you** for taking the time to learn, for trusting that we can help you, and for building your confidence with a new skill.



**Do You Need More Help?**  
**Schedule Additional Sessions or Get More Information**

**Website: [www. SweetPConsulting.com](http://www.SweetPConsulting.com)**  
**Email: [Coaches@SweetPConsulting.com](mailto:Coaches@SweetPConsulting.com)**

**ENHANCED EMPLOYABILITY READINESS**

**CONVERSATIONAL ASL**

**CAREER COACHING SESSION**  
**INDIVIDUAL**  
**GROUP\***

**\*GROUP COACHING REQUIRES FOUR OR MORE PEOPLE**



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