

Class 1

Defining Leadership



Welcome

 **Speak up**

Through the Speak Up Class we provide the language, knowledge and tools to ensure that you will have a powerful voice in leading your own Person-Driven Plan and are not afraid to confront, to listen, and to see new possibilities for your future.

We Are Here to Learn to Lead Our Own Lives



**In your groups please talk
about the following:**

**How is Megan
leading her life?**

**What does she
need to do that?**

Who helped her?



Link to video: <https://www.youtube.com/watch?v=fdWJbJZ6Hxo>

Components of Teaching People with Disabilities to Lead Their Own Person-Driven Planning Process

LEADER

- Speaking up for myself
- Saying what's not working in my life

COMMUNITY

- Learning who can help
- Purposefully creating connections within my community (activities, events, work, volunteer, groups).

WELLNESS

- Identifying and sharing my own joy/happiness and boredom/unhappiness.
- Communicating about my health needs and status.

PROBLEM SOLVING

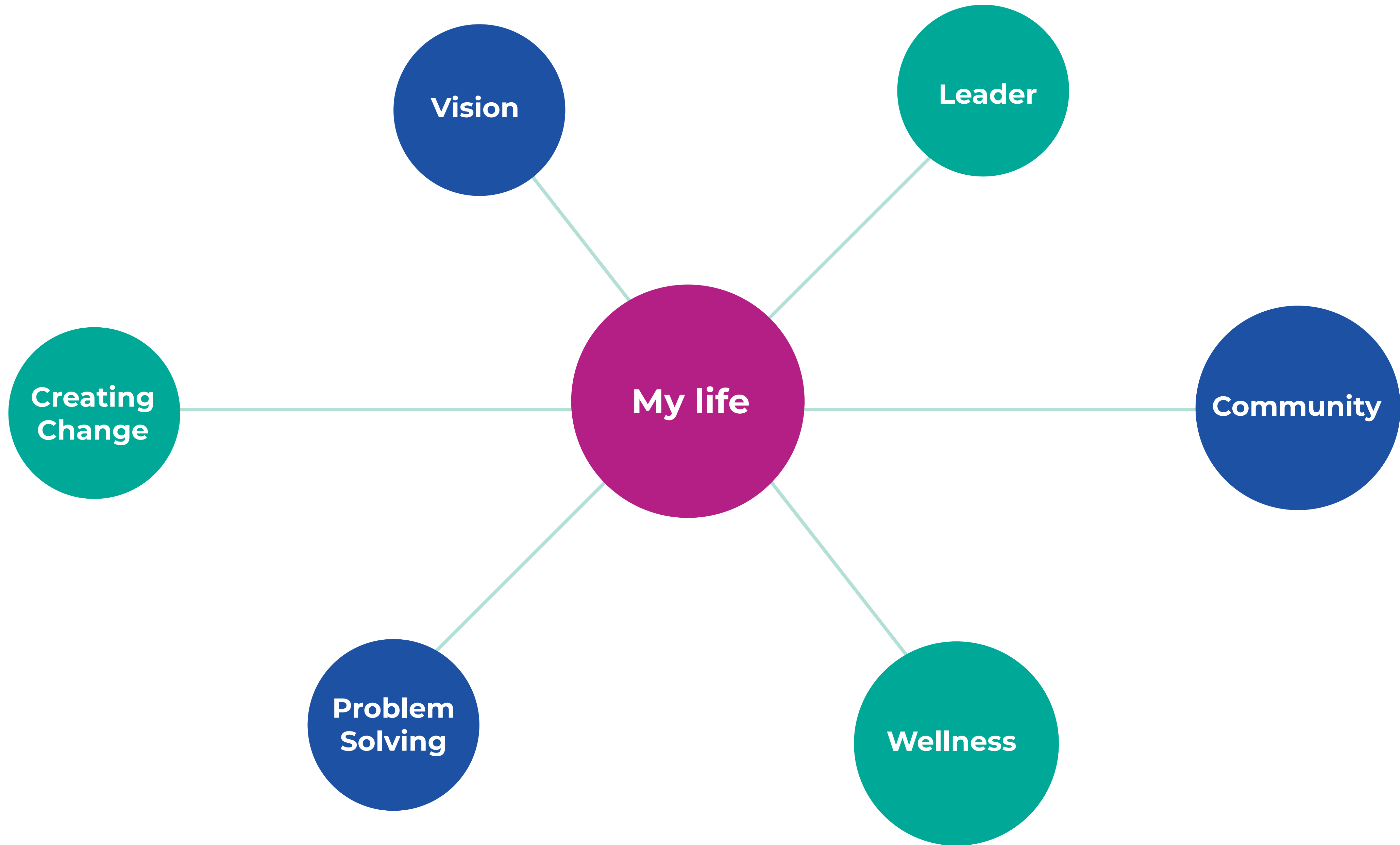
- Identifying problems and taking action

CREATING CHANGE

- Plan, communicate, and act to take my life in a different way.

VISION

- Writing my current goals for my life
- Identifying my strengths and skills



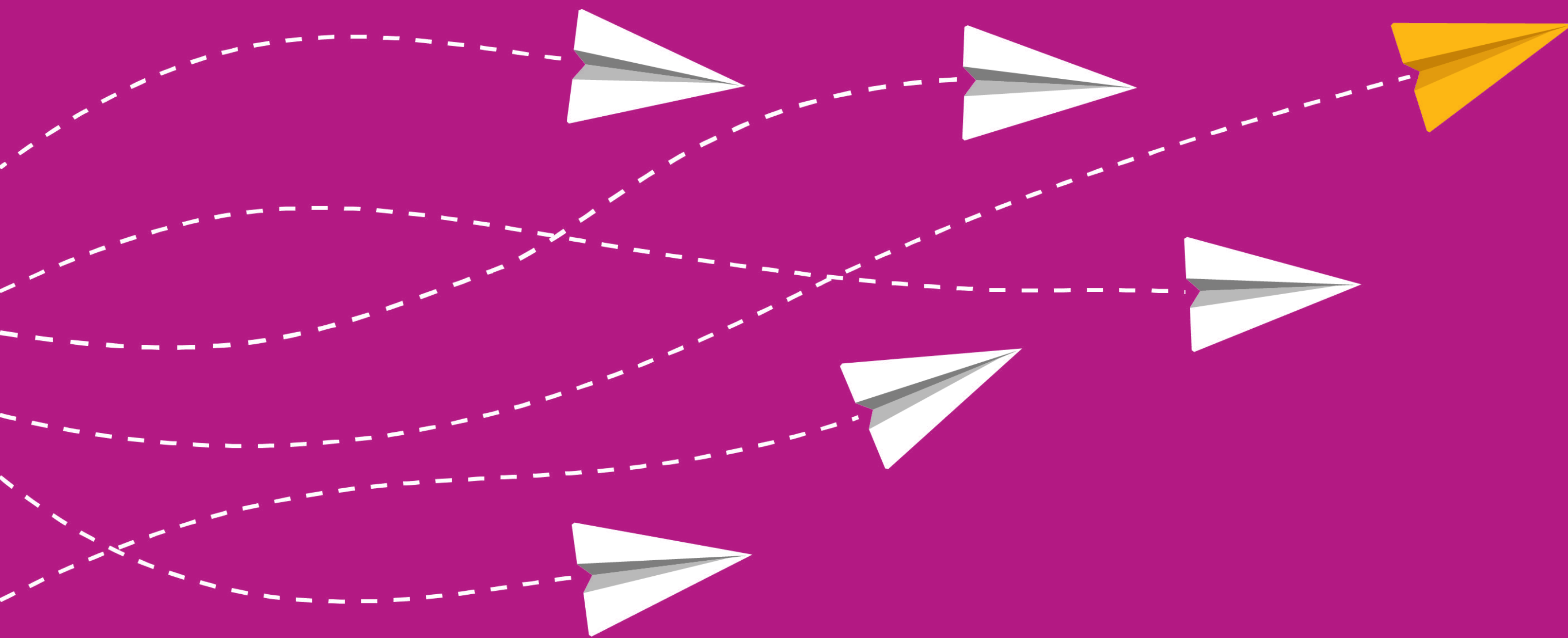
Brainstorm



What does it mean to be a self-advocate?



Let's Talk About Leaders



*Qualities of a
leader?*

*What does a
leader do?*

Complete your Brainstorm:



Defining Leadership

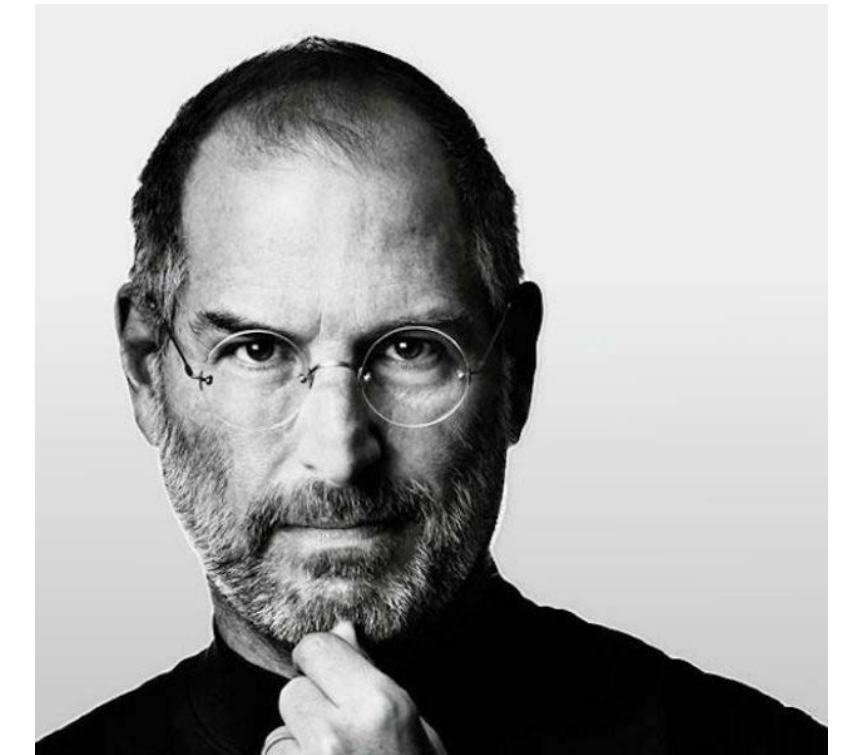
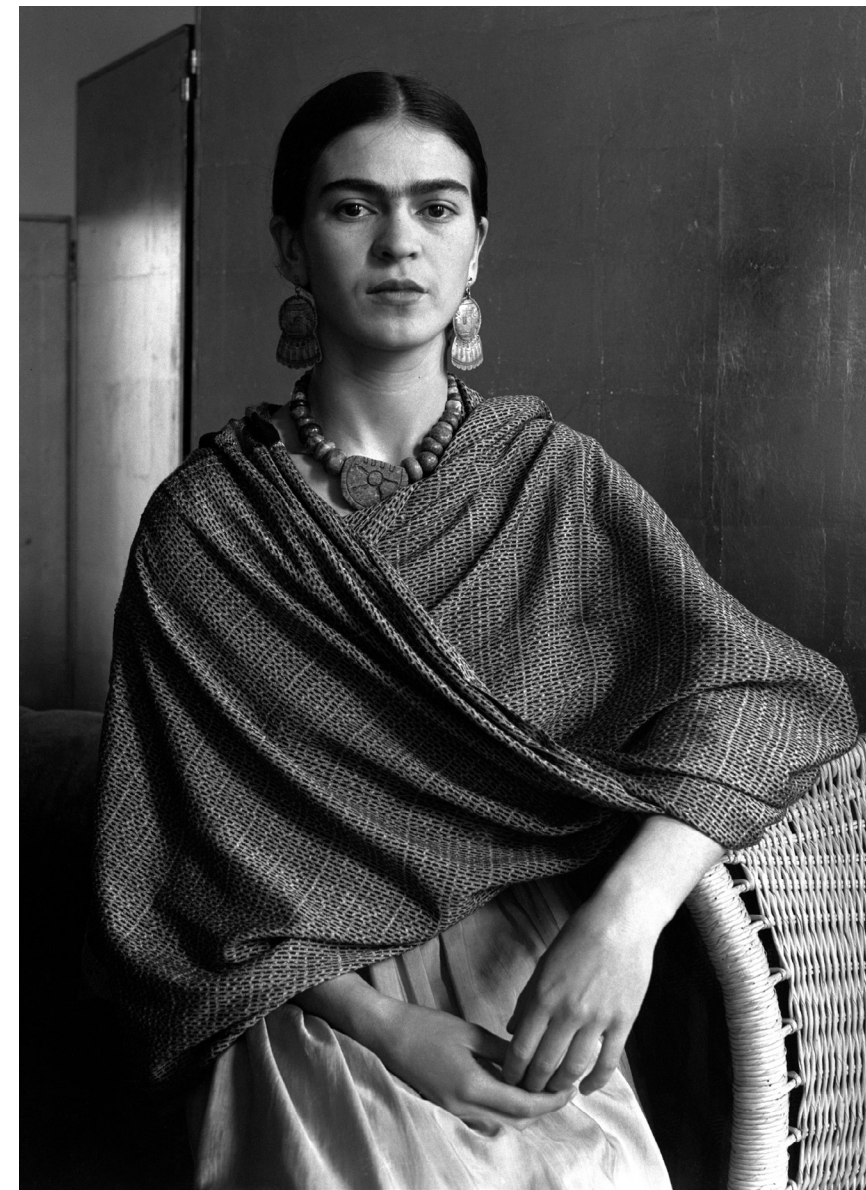
- Brainstorm the qualities of a leader.
- What is a leader?
- How am I a leader?



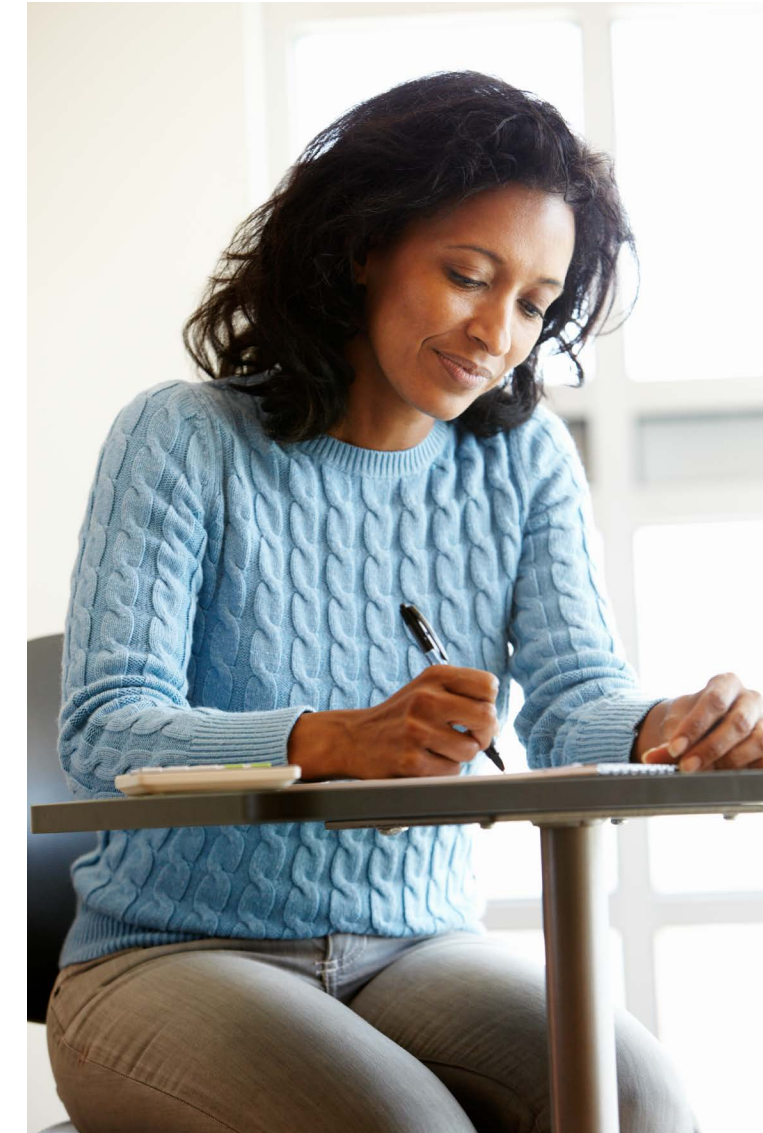
There are many types of leaders



There are many types of leaders



There are many types of leaders



Seeing Myself as a Leader



What does it mean for a person to stand up for themselves?

When is it important to stand up for yourself?

When do I stay quiet and let things go?

In Order to Lead We Need Others



What/who makes up your community?

Share with your neighbor who and what makes up your community.



Considering my Community



**What/Who do you want
in your community?**

**What or who is helpful
in your community?**



Big Ideas From Today



What Do I Want to Remember?

Write at least three big ideas
in your workbook.

Add details that will help you
remember important information.



In a Word



*Think of a word that
describes today!*

Pass if you need to



Resources

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