

Class 3

The Power of Your Voice

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.

Recap: Last Week's Big Ideas

Open your workbook to the big ideas you wanted to remember from last week.

Take a moment to reflect and talk to those around you.





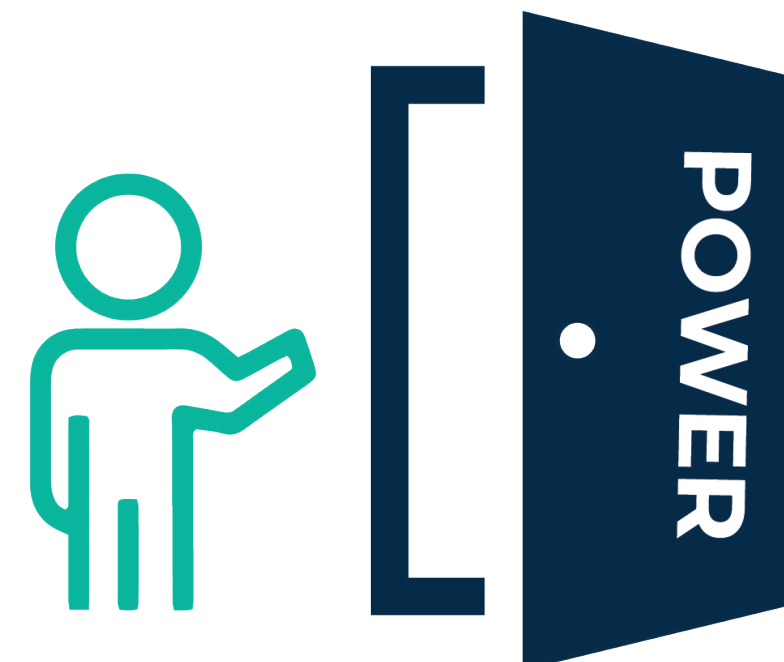
Introducing, Kerrie Joy

Kerrie Joy is a Denver, CO based poet, singer, educator, brand manager and community organizer.

The Power of Your Voice



Video Link: https://youtu.be/1Qgv_BPGU5I



Self Advocacy Reflection:

How do you see this at work in your life?

Self Advocacy is:

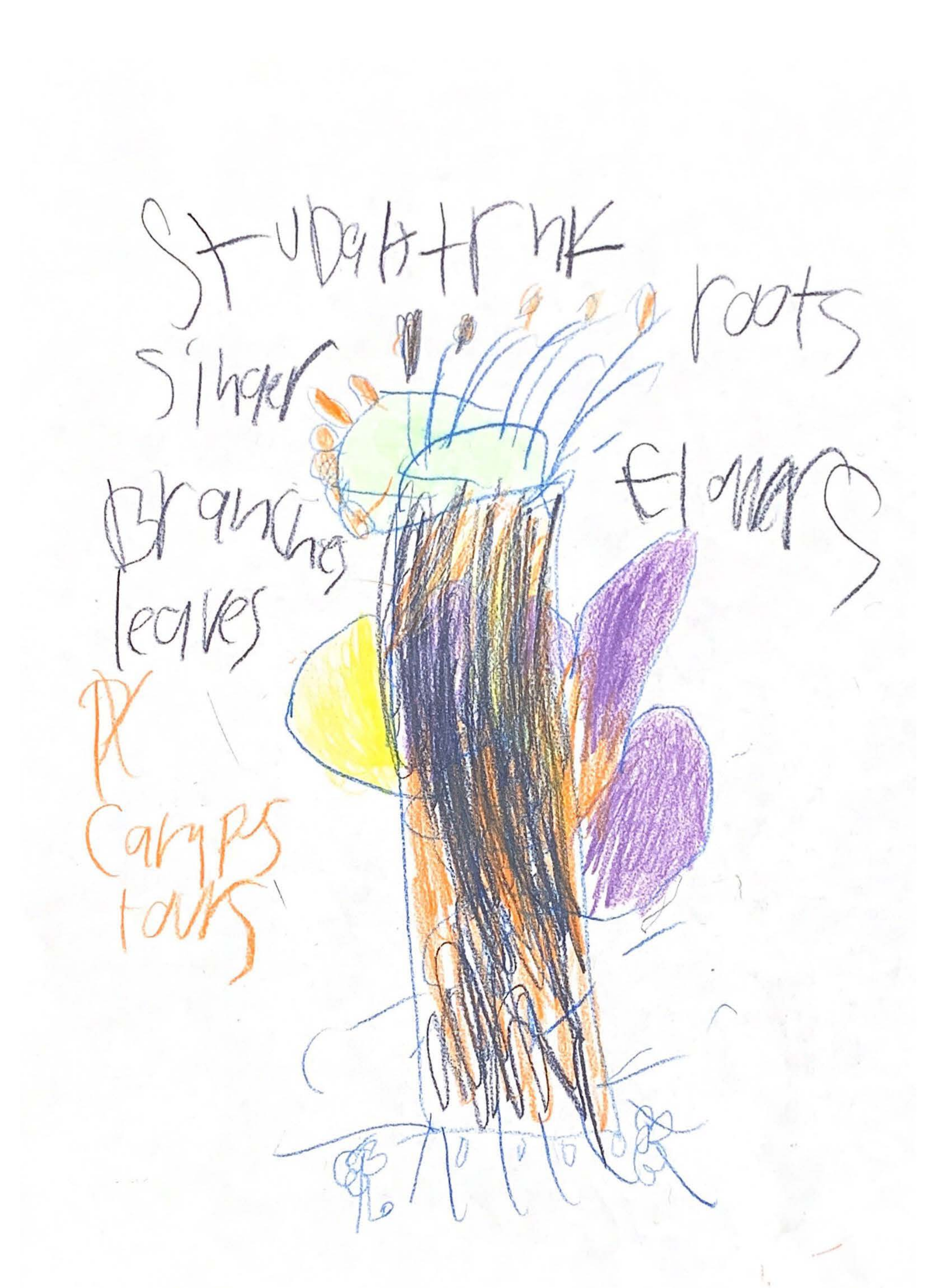
- Standing up for yourself
- Speaking up for yourself
- Identifying who you are



Creating a Life Tree

Purpose:

Self Advocacy begins with knowledge of self. We will work to create a Life Tree that will give you the opportunity to reflect and learn about who you are. It is a visual symbol that represents your life and the various elements that make it up--past, present, and future.





Creating a Life Tree:

Example 2





Creating a Life Tree



Video Link: <https://youtu.be/De6oKRpNrrE>

Draw your life tree

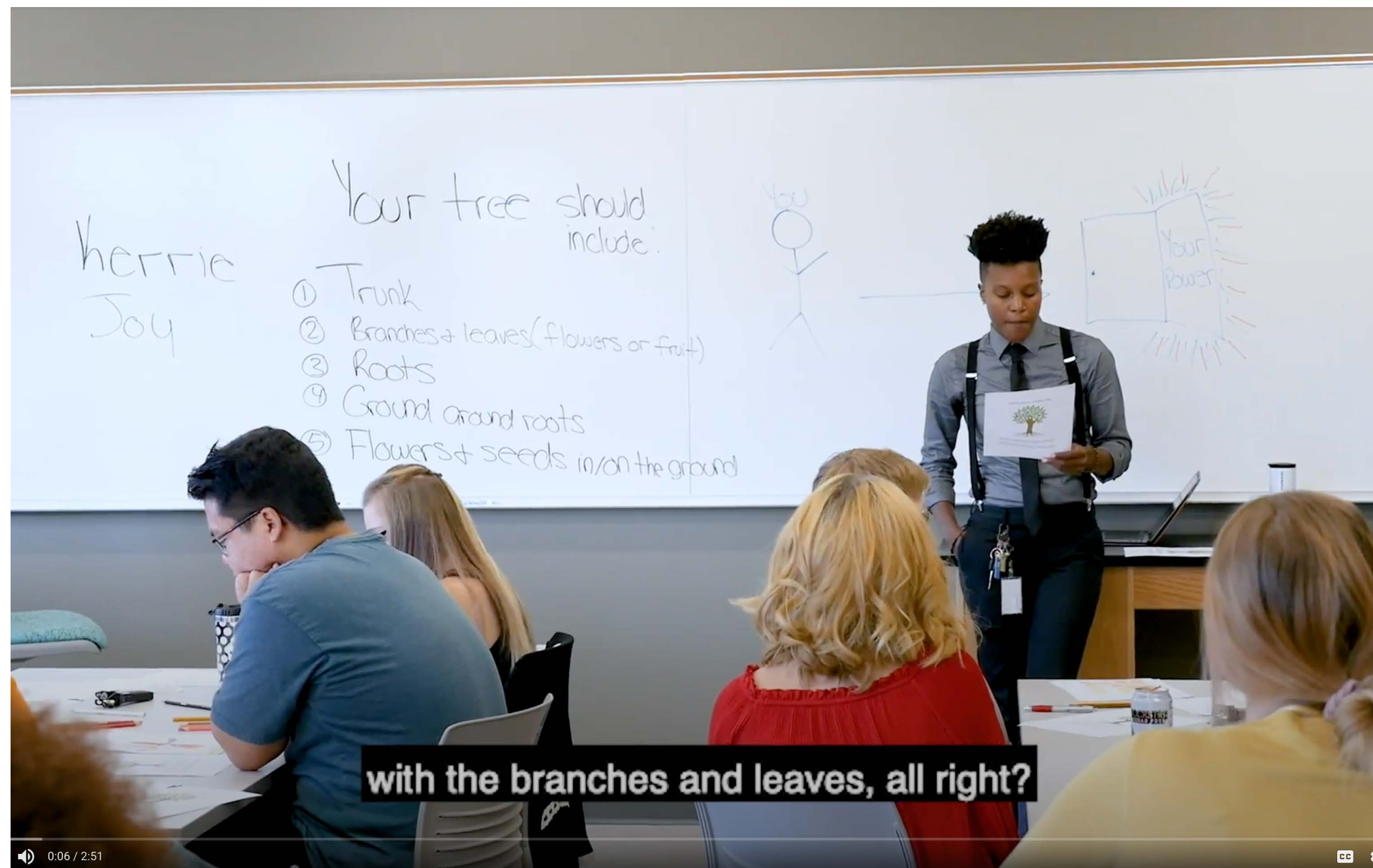


By labeling these parts you not only begin to discover (or perhaps rediscover) aspects of yourself shaped by the past, but you can then begin to actively cultivate your tree to reflect the kind of person you want to be moving forward.

- Roots
- Ground
- Trunk
- Branches
- Flowers and leaves
- Flowers and seeds in or on the ground



Identifying your Branches & Leaves



Video Link: <https://youtu.be/PGXEkXN8cXc>

Draw your Branches & Leaves



Leaves:

Represent the way the world sees you:

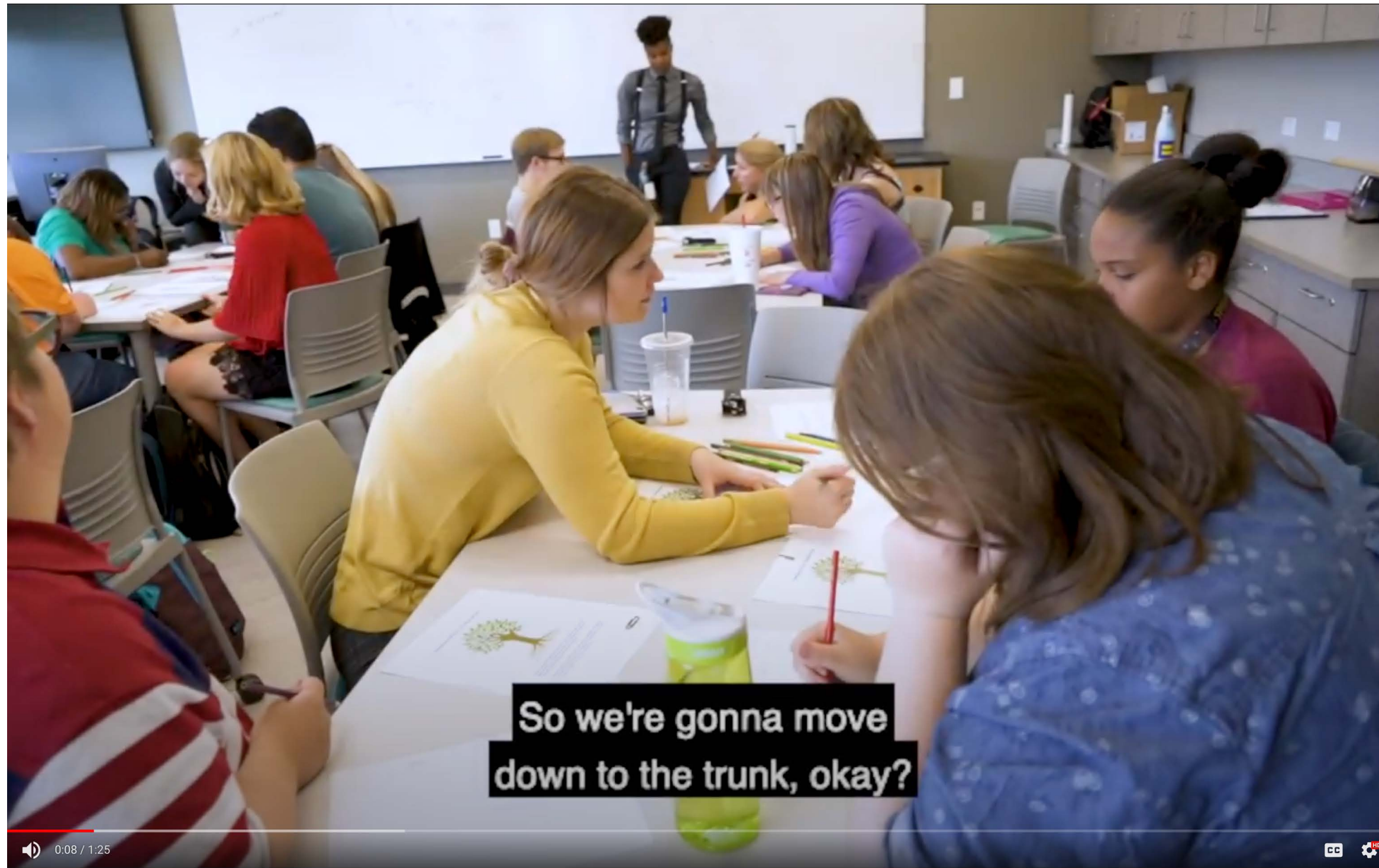
- Person that you present to the world
- Title like a student or employee or your title,
- Everything you present to the world

Branches:

- How you see yourself
- How you hope to see yourself in the future
- how do you hope the world sees you



Identifying your tree trunk



So we're gonna move
down to the trunk, okay?



Video Link: <https://youtu.be/t-Qh0VJK34Y>

Draw your tree trunk



Identifying your values or
core beliefs



Identifying your roots



Video Link: <https://youtu.be/BCQ9MccvNDg>

Draw your roots



The Roots:

- Where you come from
- Where everything starts
- Your life story
- What informed who you are

Examples:

- Where you were born
- Your parents
- What your environment looked like growing up



Cultivating your Flowers & Seeds



Video Link: <https://youtu.be/lmAxNMsSjzI>

Draw your Flowers & Seeds



Your Flowers and Seeds:

- Your legacy
- What you want to leave behind after you are gone
- What do you want to leave behind in your imeditate world
- What do you want to leave from your life experiences



Share your tree



What have discovered about yourself?



One Word Reflection: How do you feel right now?



All right y'all, so before
we head out today, the last

*Think about everything
that was discussed.*

Come up with one word
that reflects how you feel
right now.

Share your word.

Video Link: <https://youtu.be/M1-wmv2b5Ik>

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.

