



# “Teamwork Makes the Dream work”

Leadership training series

The course teaches people with intellectual disabilities (and their supporters) basic leadership skills, etiquette in communicating with influential people (such as legislators), and how to engage in a professional setting.

The program includes original videos and interactive webinars for each topic, which are easy to access and share on multiple platforms. Videos also make the content engaging, easy to digest and memorable for our target audience.

# Nice to meet you!

- My Name to Anna Montaldo
- From St. Louis, Missouri
- CEO of CP Life—my own personal disability awareness social media brand
- President of St. Louis Region People First
- "Charting My LifeCourse" Training Graduate
- A founding member of the Charting Our Own LifeCourse – “COOL” Group
- Person Centered Planning CtLC Ambassador graduate.
- My goals is to be a professional advocate promoting employment for everyone



# How to make commitments and honor them

1

**Understand what  
you are being asked  
to do and the  
accommodations  
you need**

2

**Steps to arranging  
accommodations**

3

**Don't double-book!**



1

**Understand what  
you are being asked  
to do and the  
accommodations  
you need**

➤ Understand:

- What am I being asked to do? Do I have enough knowledge to do it ?
- When check your calendar are you free ?
- Where is the event virtual or in person
- What accommodations do you need to do this? (transportation , virtual speaking )
- Let's look at a top 5 advocacy tool (pull up PDF)



## 2

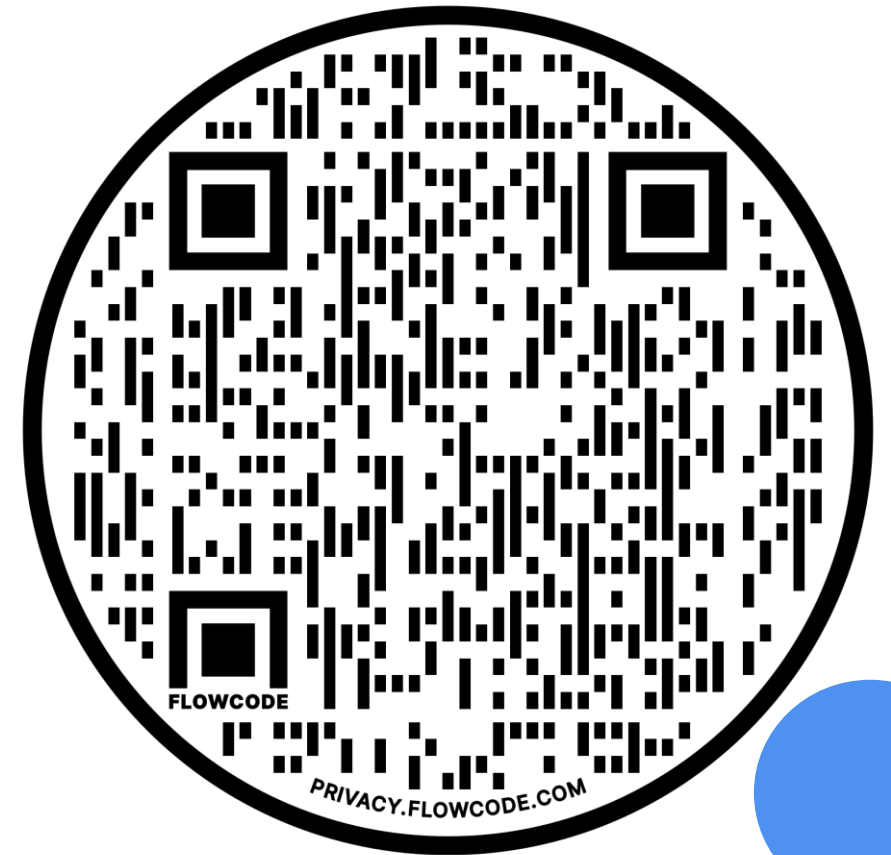
### Steps to arranging accommodations

1. Figure out what you need
2. Send an email to coordinator to see what they can offer to make it work for you ex: gas miles , the option of in person or virtual
3. Use your network to find natural supports . (what natural support might you have to get you to a speaking engagement .
4. Make sure you know about your commitment in advance . **(week of events are sometimes hard to accommodation)**
  - Talk about ways to ask for accomidations

# How to find leadership opportunities

Oct. 18th 5:30pmCST

- **Anna Montaldo**
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"The Self Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE), the oldest national self-advocacy organization in the country. SARTAC is a Developmental Disabilities Project of National Significance, funded by the Administration for Community Living - Administration on Disabilities (AoD). The information in this manual was written to provide guidance for self Advocates and their allies to assist in understanding policy issues affecting their lives. It is not to be used to determine a person's legal rights or an organization's legal responsibilities under Section 504 of the Rehabilitation Act of 1973, as amended; the Americans with Disability Act of 1990, as amended or any other federal, state or local laws written to protect the rights of people with disabilities."





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