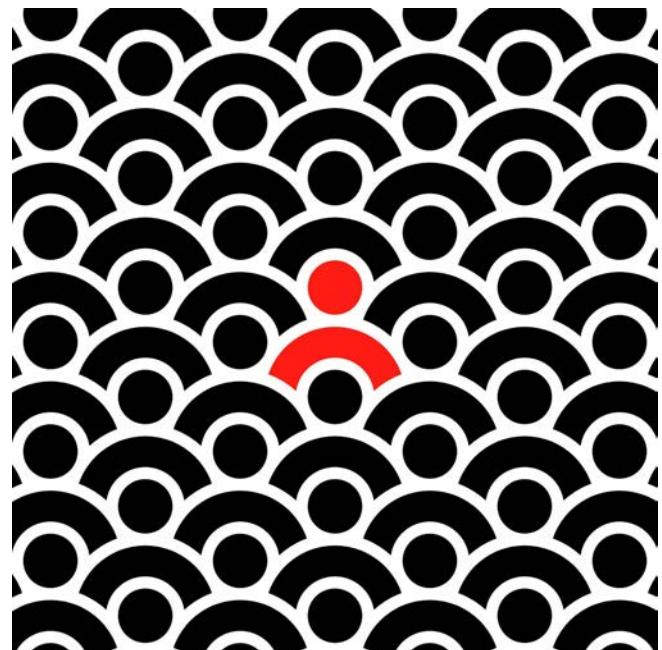


Activities and Discussions About Leadership

Leadership is about what we do.
It's not about the role we are in.
For example, our groups have
presidents and chairs. Leadership is
not about your title but really about
what actions you take when you are
in that job to create change.





**Leadership is
NOT like acting.
Leadership is
more like improv.**

To Be Leaders We Must

Believe That We Can Lead

- Believe we can make change happen
- Believe in a dream of how life can be better for people with disabilities.





Be committed to keep learning new leadership skills for our whole lives.
Let's help each other make sure that each of us regardless how long we've been doing self-advocacy and regardless of what our jobs have been we need to keep learning new ways to do things.



Leadership Is About What We Do. It Is Not About The Role We Are In.

For example, getting elected president of a group does not make you a leader. Leadership is about what you do as president. What actions you take to create change.

— Leadership

Does Not Have to Come From Above

Typically when you think of leadership, we look up.

We look to the people who are in the top positions

Often when we say the leader we are referring to a person in a certain job – like the president of your group, the boss at work, the director of an agency

So this idea of looking up for leaders.

We want to change that. We want to move away from that way of thinking.



Photo: © 2013 Change. Center for Child and Human Development, Georgetown University

Leadership can Come From Anyone in the Room

The whole message here is that we can lead from any chair in the room.

We do not have to have a job with a title like President or Vice President to be a leader.





Leaders Live In The Future

The #1 goal of leadership is to make change happen.

Leaders are not interested in keeping things the same. They want to change the way things are.

Leadership Tip:
In any moment you can ask a question. If group members are arguing instead of telling people what to do ask a question.

Leadership Is All About Relationships

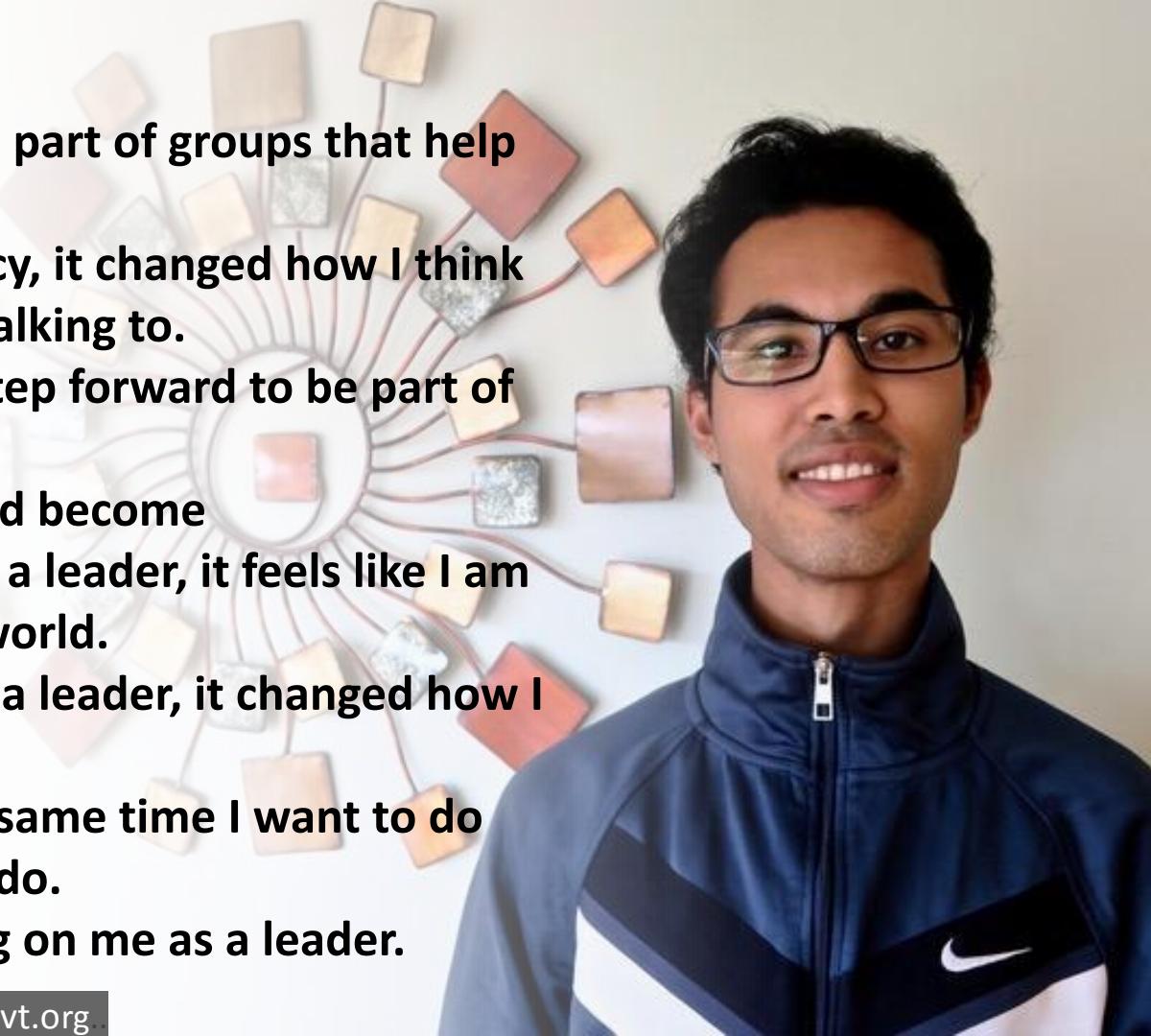
- Work to establish relationships based on trust and goodwill.
- The TOP GOAL for meetings is to make a personal connection with others.
- Having relationships before you have to ask for important things, make all the difference.

Leadership Tip: At any moment you can compliment someone. You can bring appreciation into the room.



We all can be leaders.

- Growing up I wanted to be part of groups that help other people.
- When I joined self-advocacy, it changed how I think about who we should be talking to.
- It opened my mind and I step forward to be part of bigger groups.
- I thought about who I could become
- Before I knew about being a leader, it feels like I am on a different side of the world.
- And when I get to work as a leader, it changed how I think about what I do.
- It feels exciting and at the same time I want to do more than they ask me to do.
- I want them to keep calling on me as a leader.



Using my talents and skills





What talents do I have that I can use more when being a leader?



I want to be more curious and ask more questions



I need to get better at saying what I want even when it is not popular



I want to do better at managing my emotions so others can really hear what I am saying



I need to Slow down more to hear how others are reacting to me



I want to work on being an ally to others who have diverse backgrounds

Use this cheat sheet called Ways To Lead.

Pick one skill you are good at.

Think of an example of how you are doing this right now in a group you work with.

Now We're Going To Do Some Thinking About Our Values

Let's especially think about what values pull us towards wanting to make the world a better place. Especially for people with disabilities.

In this exercise participants make a collage to show our own personal values.

A value is what you believe. A value is what you feel is important. Values guide how we live our lives.

Respect Yourself	Self-determination	Sharing
Speaking My Mind	Taking charge of my life	Speaking up for myself
Teamwork	Taking Risks	Traditional Foods
Togetherness	Trust	Truth
Volunteer	Trying new things	Working hard



Here is a short version of a fun exercise we do to show how we can get stuck in our thinking.

Let's begin.

Who Drives this car?

Who drives this car?



Who drives this car?



Who drives this car?



Who drives this car?



This exercise shows how automatic our beliefs can become.

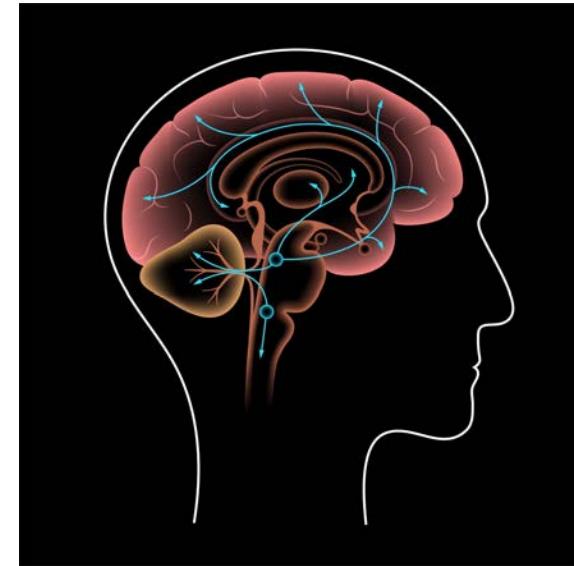
Our beliefs have direct (neuro) pathways in our brain.

For example we get set in our belief that:

- A carpenter drives a truck.
- A parent with a couple of children drives a van.

So, when you want to take on a new idea, like a small woman drives a truck, your brain says now hold on a minute. We already have a pathway.

You need to keep going, keep trying to teach yourself a new belief. The old beliefs are powerful. When you learn something new you create new neuropathways. Unfortunately, those old pathways do not go away. When we get really stressed - we default. We go back to old ways of thinking. We are working against what we have known our whole lives.



Watch escalator video.

Answer the question ... What else could be going on? Be creative? Take wild guesses.

All ideas are welcome

We need to test our mental models

Remember - Your view is incomplete – there are actually other things going on that they can see that you can't see.

A question that leaders always ask themselves is what else could be going on.

Especially when you are having a difficult conversation with someone.

Answer the question – What else could be going on for a person you do not agree with?



<https://www.youtube.com/watch?v=Kq65aAYCH0w>



This funny video jokes about how we can get stuck in our thinking. It is about how we all make judgements. We have grown up learning all kinds of stereotypes.

The point is these judgements and stereotypes get in the way when we are working as a team. It is to reminds us to

- Step back.
- Be open.
- Listen to others
- Put yourself in their shoes.
- Look at the world from other people's perspectives.

<https://www.youtube.com/watch?v=fkptutwBq8>