



SARTAC
Fellows:

Advancing
Self Advocacy
through
LEADERSHIP
AND
POLICY

EmpowHer Capital: Building Self Advocacy for Women with Disabilities in Albany, NY

- My goal with EmpowHer Capital was to create a program for disabled women in my community to build confidence and leadership skills. We do monthly meetups and focus on a different topic every month.
- As I worked on the project, I changed to the wants and needs of the group. There were challenges, but I am learning and growing and feel proud of what I am doing.

WHAT I LEARNED AS A FELLOW



- How to lead a group, while also letting others lead
- How to communicate the goals of the program
- Conflict resolution and working with others
- Event planning
- Networking and outreach

RESOURCES CREATED

Program Guidebook

- I created a guidebook that explained what EmpowHer Capital is. The steps I took to start the program. How to plan an event, and other helpful tips for coordinating or organizing the program.
- I made a list of all the steps I took and added information about my experience starting EmpowHer Capital. As I continued hosting events, I added things that I learned along the way.
- This guidebook can be used by other self-advocates to start and EmpowHer group in their community.

RESOURCES CREATED

Documents Created

- I created documents for six activities we did at our monthly meetups
- Each document explains an activity.
 - What supplies are needed
 - Where we did the activity
 - How long each activity took
 - What we learned, what worked well, and what didn't.
- Other self-advocates can use these documents to plan their own events

LEADERSHIP & POLICY RESULTS



Because of this project,

- I am going to continue working with Disability EmpowHer Network to coordinate EmpowHer Capital
- I want to work on growing the program, connect with more disabled women in my community, and encourage them to take on leadership roles

WHAT WAS THE ROLE OF THE HOST?

- We provided financial support for the monthly meetups and provided regular guidance to our Fellow on how to coordinate a program like this
- Our Fellow did a lot of the planning, but we were there to provide ideas, advice, and talk through challenging situations



WHAT WAS THE ROLE OF THE HOST?

- Because of this project, disabled women across the country will have the opportunity to build confidence, leadership skills, and community
- We have talked with our Fellow about hiring her as a contractor after the Fellowship is finished so she can continue doing this work

EMPLOYMENT RESULTS OR GOALS

- Because of the support I got from Disability EmpowHer Network, I was able to get a new full time job. I am doing advocacy for my state's Independent Living organization.
- After taking on new challenges during my Fellowship, I feel more confident being a leader in my workplace. I look forward to seeing how I grow



Q&A

You have

Questions

We have

Answers