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
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.
Leadership

Can Come From Anyone in the Room
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.
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.

Green Mountain Self-Advocates www.gmsavt.org
Ways to Lead

- Using my talents and skills
- Being curious and asking questions
- Saying what I care about and want
- Being an ally to others
- Slowing down to hear how others react to me
- Managing my emotions so others can really hear what I am saying
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.

<table>
<thead>
<tr>
<th>Skill</th>
<th>Example</th>
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<tbody>
<tr>
<td>Using my talents and skills</td>
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<td>Being curious and asking questions</td>
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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.
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?
Our beliefs have direct (neuro) pathways in your 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.

This exercise shows how automatic our beliefs can become.
Watch escalator video.
Answer the question …
What else could be going on?
Be creative? Take lots of 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?

https://www.youtube.com/watch?v=Kq65aAYCHOw
Mental Models
https://us02web.zoom.us/j/324815633

https://www.youtube.com/watch?v=fkpctutwBq8