

**CROSS OUT THE DIS AND
EMBRACE THE ABILITY -
OWN WHO YOU ARE**

ASHLEY MATHY



AGENDA

- **INTRODUCTION TO ASHLEY**
- **ASHLEY'S CHALLENGES**
- **CONFIDENCE IS KEY TO SUCCESS**
- **VIDEO – ONLY HUMAN**
- **POSITIVE MAP EXERCISE**
- **MIRROR EXERCISE**

- **Q&A**

INTRODUCTIONS



ABOUT ME

23 YEARS OLD

LABEL: AUTISM SPECTRUM – PDD,NOS

**COLLEGE STUDENT, EMPLOYEE, PARTNER IN POLICY MAKING,
EMPLOYMENT FIRST AMBASSADOR, ADVOCATE, PRESIDENT OF
PEOPLEFIRST RHINELANDER CHAPTER, BOARD MEMBER BPDD**

GOAL: MAKE A DIFFERENCE IN THIS WORLD



ASHLEYS CHALLENGES



ELEMENTARY & MIDDLE SCHOOL

- **STOOD AGAINST BRICK WALL AT RECESS**
- **BULLIED**
- **NO FRIENDS. EVERYONE AVOIDED ME AT LUNCH AND RECESS.**
- **LEFT ON SCHOOL BUS FOR HOURS IN 100 DEGREES**
- **DID NOT LIKE EYE CONTACT**





GRADUATED FROM HIGH SCHOOL

DOCTORS SAID

- COLLEGE WAS NOT A LIKELY OPTION
- EMPLOYMENT WOULD BE VOLUNTEER WORK



DIGNITY TO FAIL

- **DIGNITY TO FAIL**
 - **WHEN YOU FAIL, YOU LEARN FROM YOUR MISTAKES**
- **“IF YOUR NOT UNCOMFORTABLE,YOU NOT GROWING” ROBIN SHARMA**
- **YOU DECIDE WHEN YOU GET BACK UP FROM YOUR FAILURE....ITS YOUR LIFE**

CONFIDENCE

KEY TO SUCCESS



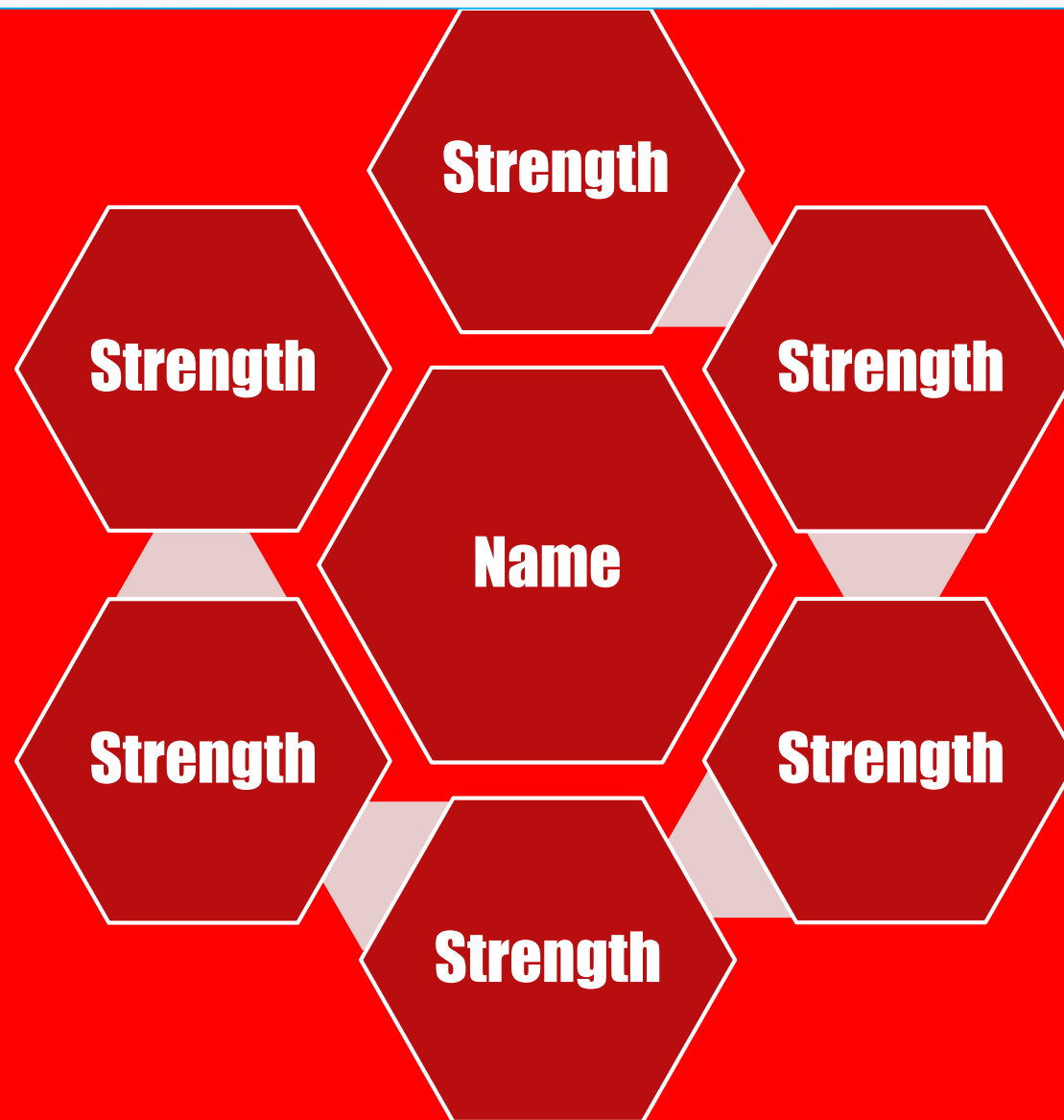
CONFIDENCE IS KEY TO SUCCESS

- **SUPPORT SYSTEM IS IMPORTANT**
- **ALWAYS LOOKS AT ACCOMPLISHMENTS/SUCCESS'S TO GAIN SELF CONFIDENCE**
 - **SOMETIMES THIS IS REQUIRED DAILY.**
- **WHEN YOU ARE AT YOUR HIGHEST PEAK IN LIFE, THERE WILL BE PEOPLE JEALOUS. USE THIS TO MOTIVATE YOU.**
 - **LEARN LIKE A BEGINNER**
 - **STAY HUMBLE**

BEAUTIFULLY HUMAN

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=C8MEQUGYD9G](https://www.youtube.com/watch?v=C8MEQUGYD9G)

POSITIVE MAP EXERCISE





MIRROR EXERCISES

LOOK INTO A MIRROR AND REALIZE “I’M ME...EVERY LITTLE CRACK. EVERY CHIP. EVERY DENT. EVERY LITTLE MISTAKE. I DON’T NEED TO TRY TO HARD TO BE PERFECT...BECAUSE IM ME AND I AM PROUD OF THAT.

GIRLS

- **I AM BEAUTIFUL, CONFIDENT AND SPECIAL.**

GUYS

- **MAN, I LOOK GOOD, I AM NICE AND SMART!**

HOW TO BUILD CONFIDENCE

- **KEY TO SUCCESS IS NOT ABOUT BACKGROUND OR IQ...ITS ABOUT CONFIDENCE**
- **WHEN YOU HAVE CONFIDENCE, FIRE AND BRAVERY...POWER TO GET ANYTHING DONE**
- **SEE PROBLEMS AS OPPORTUNITIES**
- **YOU WANT TO DEVELOP CONFIDENCE AND PRACTICE IT...LIKE A MUSCLE**

ACCEPT CHALLENGES

- **EDUCATE PEOPLE AROUND YOU**
 - **AT RESTAURANTS TELL SERVERS YOU WANT FOOD SEPARATED**
 - **AT WORK, TELL YOU COWORKERS ACCOMMODATIONS YOU NEED**
- **DON'T BE AFRAID TO ADMIT YOUR CHALLENGES**

FINAL THOUGHTS – Q&A

THANK YOU

CHECK OUT MY BLOG

ASHLEYSAUTISMJOURNEY.WEEBLY.COM

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ABILITY”**

