

Reflection Activity:

| Self-Advocate Best Practice | A Lot | A Little | Not at all |
|--|-------|----------|------------|
| Self-advocate leaders are provided training in workplace skills. | | | |
| Self-advocate leaders receive professional development to build self-advocacy and self-empowerment skills. | | | |
| Self-advocate leaders receive coaching and mentoring. | | | |
| Self-advocate leaders are providing peer to peer education. | | | |
| Self-advocate leaders have opportunities to present at state and national conferences. | | | |
| Self-advocate leaders provide peer mentoring and support to other people with disabilities. | | | |

Self-Advocate Blueprint for Improvement

| Priority Areas for Improvement | Action Step(s) What Tools Can I Use & Who Should We Involve |
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“ My confidence has grown in myself and I’ve noticed that I’m able to speak out more and be more comfortable with it. I went from being unsure of my life and career path to knowing this is where my heart belongs and this is what I want to do.”
 -Living Well Self-Advocate