

# Leadership Through Personal Change

FALL 2007

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## My Life, My Way!



A Leadership Project  
sponsored by DDS CAC

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## Words from the DDS Consumer Advisory Committee Chair



Cindy, vice chair of the CAC, helps the chairperson when she needs a break. She also helps keep the group on schedule and plans agendas for upcoming meetings.



Krisi shows a new exercise.

"I liked the last meeting. We talked about what we are doing, sharing our goals and **Think-Plan-Do**.



Beth & Miguel working at the meeting.

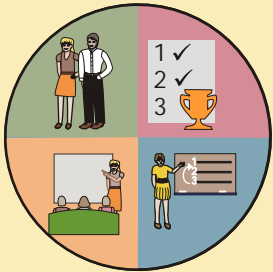
We had a presentation from the healthy living coach. It is important to be healthy so you can be in CAC groups, work, take care of your family and be active in the community."



Cindy listens to a presentation.

# LEADERSHIP THROUGH PERSONAL CHANGE

## LEADERSHIP PROJECT



Now in its second year, the Leadership Project has shifted into gear. CAC members are

building their own personal wellness plans, carrying out decisions, testing strategies, and putting leadership skills into practice.

CAC members will begin working with community mentors to assist them with leadership goals. As advocate leaders, they are making user-friendly tools for other self and peer advocates to make positive changes in their lives, their way.

### Members Speak Out

*"We work and care about others. This work can be hard, but it is good."*



Consumer Advisory Members



CAC Presenter

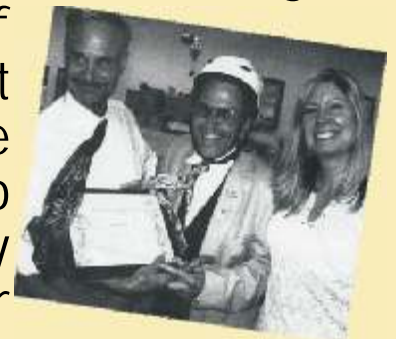
Amanda Johnson

"If you do not talk about your dream, it will survive. You need to talk about it, and

then write it down so it stays with you. Believe in your dreams each day and take a step toward the dream. TIP: Work on something that is just out of reach right now, something exciting so you want to take a big step."

### Alumni News

Michael Parr, CAC member 2005-06, was featured in the Desert Area Resources & Training (DART) community newsletter for receiving a Certificate of Achievement from the Cerro Coso Community College. After many years, he finished the entire arts curriculum offered by the community college system.





## FOCUS AREAS

### Planning & Decision Making

*Cindy* is looking for a "dream job" on her own. She applied for a legal clerk job at the sheriff's department she found by researching at her library. She had to take a 3-hour test and did not ask for help. Even though Cindy didn't qualify for the job and was frustrated, she felt good about doing it by herself. This has not stopped her. She has also applied for other jobs. *She is determined!*



*Michelle* researched setting up a massage business. First, she needs to go to massage school. She plans to save up for school, apply for financial aid, and get a part-time job. She is taking six units of classes at the community college.



*Betty* changed her leadership goal to making a garden. She used **Think-Plan-Do** to organize what plants to try first. She is now growing artichokes, zucchini and strawberries. She returned a favor of a gift from a co-worker by giving her zucchini from the garden.



### Taking Care of Myself

*John* was at home a lot, but wanted to be part of what was going on. He couldn't find the right fit until he discovered Integrity House (a clubhouse). Now he helps out as peer support, organizing busses that take people home, and writing for the newsletter. He also goes out, tries restaurants, and rates them on their accessibility and treatment of people with disabilities.





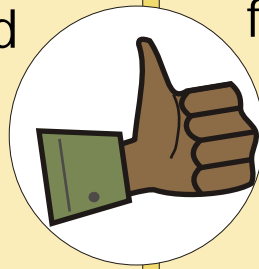
# GOING FORWARD



*Sam:* I am working out every day. I am taking care of myself and getting stronger.



*Nyron:* I am shocking everyone with the new way I dress. I have gotten used to dressing like this. I get compliments. I wear professional clothes when I make presentations.



*John:* When I give a presentation, I try a trick I learned - I think about everyone in the room being in their underwear to help me feel less nervous. Presentations can be very scary.

*Krisi:* I am listening to myself more, taking the steps to be more relaxed and telling others what I am doing.



*Presentations This Fall Supported Life Conference*

*Krisi and Michelle*

conducted a workshop with Brian [CAC Wellness Coach] about how well coaching can work for people. They wrote a script about how to coach each other and provide encouragement. They showed the CAC DVD "Recreation and Relaxation." Everyone gave them thumbs up.



*Miguel and Mark* also



conducted a workshop on the new book "Guide to Healthy Living" and showed the DVD that Miguel's regional center made. They had 200 people listening and asking questions. Everyone loved it and asked Miguel for advice.



CAC members are making presentations all over the state.

★ Who's Your Audience?

★ Make Quick Points

★ Listen

★ Make Eye Contact

★ Pay Attention

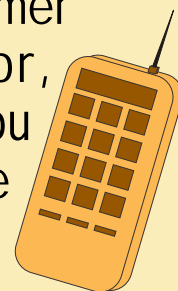
★ Review Evaluations



Here are ideas from John about making a presentation.

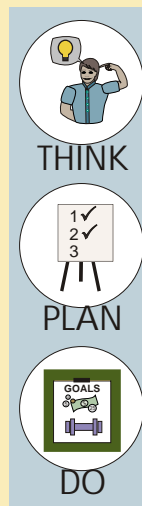
- Think about the audience
- Say it with few words
- Be a good listener
- Provide good eye contact
- Ask what worked well
- Review your evaluations

**Tell Us What You Think**  
 CAC members are taking Think-Plan-Do DVDs and Guides to their communities, from Eureka to San Diego, to see if people think they are helpful. They plan to show them to 1,000 advocates. Contact Nicole Patterson, DDS Consumer Services Coordinator, 916-654-1494 if you want to find out more about these great tools and see the new DVD.



## COMING UP

The CAC is beginning work on nine (9) new Think - Plan - Do leadership areas, along with nine (9) more DVDs and Guides to have available in 2009.



New areas include: *“MAKING YOUR GOALS HAPPEN, LISTENING and SPEAKING, INTERVIEWING, and GETTING SUPPORT.*

# GOOD TIPS

## HEALTHY LIVING



### GOOD FOOD

- ✓ APPLE
- ✓ CARROTS
- ✓ FISH

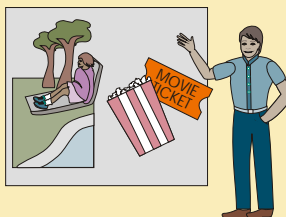
Know what you eat everyday.

Good food ideas: water, fruits and vegetables.



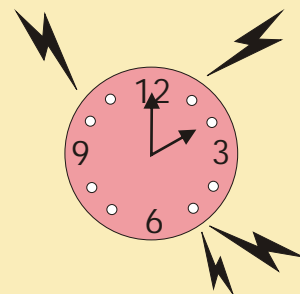
Exercise ideas: stretching, breathing and moving everyday.

## RELAXATION & FUN



Put more fun activities in your day.

Give yourself extra time to reduce stress.



Explore your neighborhood for fun and relaxing things to do.

To obtain additional copies and CAC tools

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Office of Human Rights & Advocacy Services  
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Sacramento, CA 95814  
916-654-1888  
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866-757-2457 mark@brcenter.org

## NEXT CAC MEETING

NOV 13

NOV 14

