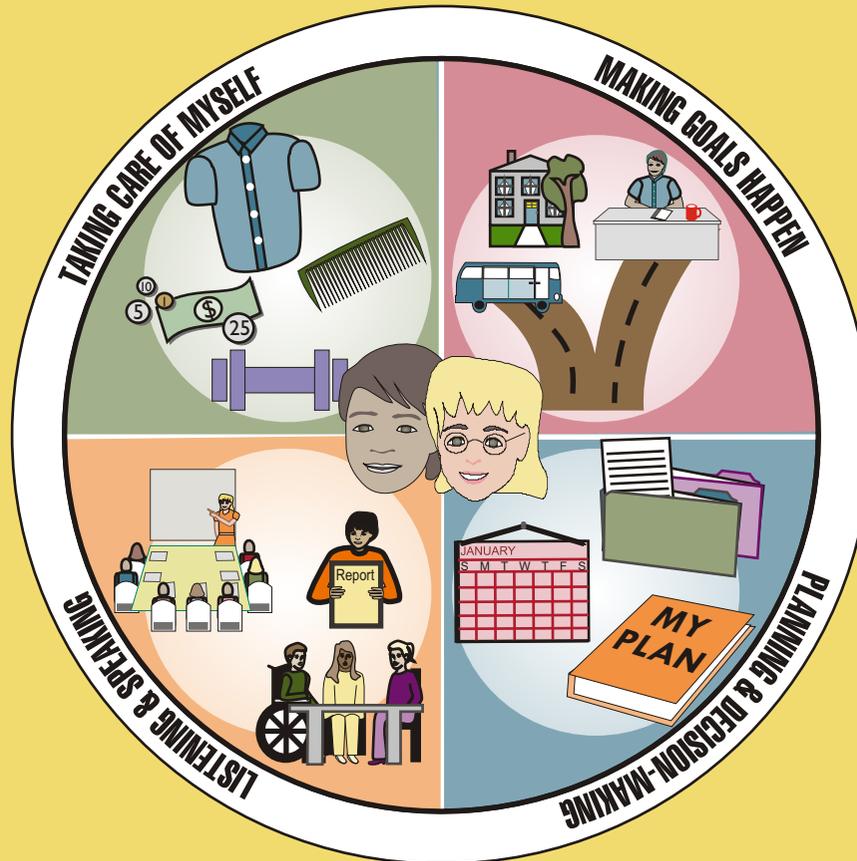
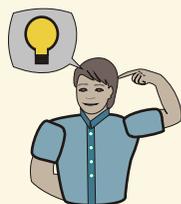


# Leadership Through Personal Change

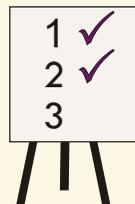
Spring 2007



The Department of Developmental Services Consumer Advisory Committee launches an exciting three year Leadership Through Personal Change Project.



**THINK**



**PLAN**



**DO**

Using, Think, Plan and Do people are living lives by their vision:

**My Life, My Way!**



A Leadership Project sponsored by DDS CAC

# Ways To Have The Life You Want



The Consumer Advisory Committee of the Department of Developmental Services launches an exciting three year leadership project. Using strategies to Think, Plan and Do they are living lives by their motto: **My Life, My Way!**

In addition to advising DDS, self-advocates on the CAC who represent all regions of California are also increasing leadership in their chosen area of focus. The CAC leadership project supports members to build personal wellness plans, make decisions, create meaningful goals and expand leadership skills through training and practice. They will develop real-life ways to support themselves, create user friendly tools and teach other self-advocates who want to make positive changes. CAC members will serve as real-life examples for many throughout California who want to become more effective leaders.

In 2006, the CAC worked initially to create individual mission statements and set leadership goals around what matters most to them. By bringing in experts, using mentors and coaches, and making personal life changes, each member is now testing ways to achieve life altering goals.



## Individual goals of CAC members include wanting to be:



a Chef



a Nurse Assistant



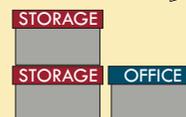
a Life Coach



a Reporter



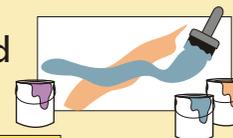
healthy



organized



less stressed



a Muralist

# Leadership Focus Areas

In 2006, the CAC members chose 4 leadership areas as a focus for their Leadership Through Personal Change Project.



## 1. Planning & Decision Making

Developing your own mission statement  
Being Professional: preparation, planning, organizing  
Being a decision maker



## 2. Taking Care of Myself

Creating your own Professional Image  
Personal wellness to ensure health  
Developing and meeting financial goals



## 3. Making Goals Happen

Prioritizing needs & goals  
Planning strategies  
Realizing positive life changes



## 4. Listening and Speaking

Accepting advice & feedback  
Speaking to audiences  
Creating speeches & presentations

## Going Forward

Developing practical leadership skills is central to the success of all advocacy. CAC members are well underway to growing skills by attending quarterly training's in Sacramento and then practicing what they've learned in their own communities. Each quarter they bring results from practice and questions to share with fellow CAC members and training consultants.



**THINK**



**PLAN**



**DO**

## Think - Plan - Do

The CAC created an easy-to-follow model for identifying personal objectives, planning what's required, and taking steps to follow through with personal leadership goals. It is as simple as:

**Think** (What is important)

**Plan** (Making your plan for success)

**Do** (Doing your plan with support )

# CAC Leadership



## Leadership on the Road



- Shop simply.
- Try new foods.
- Learn new ways to cook.



**Taking Care of Yourself** "Being a healthy leader means taking care of yourself and feeling good." **Beth Rubenstein**, P.T., the Wellness and Exercise Trainer, talks about how important it is to be aware of making healthy food choices and getting exercise.

## Good Ideas

Making a good first impression shows people you are confident, and care about how you look.



**Your Professional Image** Eric Torres, Image Consultant, shows important steps to think about when planning your own Professional Image.

 **Tip:** Look through your closet to find what good clothes you have before buying anything new.



Dan, a CAC Leadership participant, "I use the Think Plan - Do at work when helping others. In showing a friend at work how to do a job, I asked them to **Think** about the job they have to do. We then **Plan** it by breaking down the steps of the job. I show them how to do the job then we put sticky notes on things to help them remember. Then we **Do** the job together and the person can see that it can be done."

## Tools and Tips

Leadership Through Personal Change plans to teach others what CAC members are learning and make available tools that can be used by anyone interested in personal growth and leadership. In addition to accomplishing individual leadership goals, the CAC also plans to:

- Prepare & conduct statewide presentations
- Create many short movies
- Publish lesson books
- Create a guide for providers

## The CAC conducted presentations on the Leadership Project at:

- Supported Life Conference, Sacramento
- Cal-TASH Conference, Manhattan Beach
- Pac Rim Conference, Honolulu
- DART, a service agency, Ridgecrest
- Canyon Springs residential facility, Palm Desert
- People First chapters throughout California

# CAC Advocacy



**THINK**



**PLAN**



**DO**

The team believes in us, and supports our choices.



**Kim Rucker  
CAC Chair**

## **MEDIA CORNER - THE CAC LOOK**

Developing adapted outreach tools is important to the CAC as they continue their leadership work in their communities. They have produced instructional materials, DVDs, a CD and newsletters so many people can use them to make personal changes that shape their leadership skills. The use of large font [letters], graphics, photographs, colors, a logo, and vision statement has produced the "CAC Look."

## **LIFE IN A DVD**

The first of our DVDs, Managing My Money "Betty Gets a Waffle Maker", is about how Betty thought, planned and accomplished financial success using the CAC strategy. It was previewed by the CAC in February 2007. The DVD is the first in a series of 15 DVD stories that address areas of personal and professional growth using Think-Plan-Do. The CAC members are fully involved in the making of their DVD's. They decide the theme, write the script, narrate and show their success using Think-Plan-Do.

## **Words from the CAC Chair**

I am grateful for this opportunity. The program is about personal change and challenges me. I wasn't sure what that meant. By doing this I can be a better and effective leader since I can't give my all to leadership unless I take care of myself. I've never thought of my leadership this way before. I just kept pushing myself to exhaustion. I've learned that I have never held myself accountable before.

My change started when the Life Coach challenged me to look at things; being open, asking for help, hearing how I communicate and how I can work as a leader. It's new for me to speak for myself, but still be able to be a leader and meet my own needs as well.

The Coach helped me find a few first steps to take, and it worked. I now know this is going to work. Now I meet challenges and figure out when I need to do something different.

The program also offers me a solid core of people at the CAC that understand me. We are revealing ourselves little by little. The facilitators aren't thinking they can fix me and I'm not being asked to trust in anyone. We are free to do what we need to. I haven't turned down anything that has been suggested, yet.



# Healthy Ideas From Members

## SPRING RECEIPE EXAMPLE FOR THINK, PLAN, DO



**THINK**

**Think** about what I want to eat that is healthy and I like how it tastes.



**PLAN**

**Plan** so you have the right ingredients and time to prepare.  
Prepare Time: 10 minutes



**DO**

### Food Needed:

- 1 tortilla
- 3 tablespoons of light cream cheese
- 1 small cucumber, peeled and sliced thin

### A Healthy Recipe

#### Ham and Veggie Pinwheel From a CAC member

Serves one person

- 1 slice of ham
- 1 small tomato, sliced thin

**Do** the following in order

1. Lay out Tortilla
2. Spread cream cheese
3. Place ham, cucumber and tomato slices on tomato
4. Roll up tortilla firmly
5. Cut into four (4) sections



CAC Members, February 2007

### Reaching out to Self Advocates in California:

The DDS CAC will publish a Newsletter quarterly through 2009 about their work, discoveries, interviews and helpful healthy tips.

The Newsletter will be directed to self advocates in California so they know what the CAC is doing.



Future newsletters will be sent by email and posted on the these websites for reading and downloading.

#### 1. Consumer's Corner: Department of Developmental Services:

[www.dds.ca.gov/consumer/consumer\\_home.cfm](http://www.dds.ca.gov/consumer/consumer_home.cfm)

#### 2. Board Resource Center [www.brcenter.org](http://www.brcenter.org)

#### For information and to receive future copies, please contact:

■ Nicole Patterson, Consumer Services Coordinator, DDS  
Office of Human Rights & Advocacy Services  
1600 9th Street, Room 240 - Sacramento, CA 95614  
**916-654-1888** [nicole.patterson@dds.ca.gov](mailto:nicole.patterson@dds.ca.gov)

■ Mark Starford, The Board Resource Center  
PO Box 601477, Sacramento, CA 95860  
**866-757-2457** [mark@brcenter.org](mailto:mark@brcenter.org)



#### Published by:

The Board Resource Center  
for DDS CAC. Spring 2007

Contributors: Kim Rucker - CAC Chair, Dan Dawkins - CAC Leadership  
Charlene Jones-Copy Editor, Graphics-DDS CAC 2006