

Journey of Empowered Self-Advocacy

Concept in Focus

1 SELF-AWARENESS

Wholistic Understanding

You are complete and connected — disability is an integral part of who you are, and this self-awareness nurtures your mental, emotional, physical, and spiritual wellbeing.

2 SELF-EXPLORATION

Disability Pride

Embrace your disability as a source of identity, community, and belonging – not a limitation.

3 SELF-REGULATION

Hope-Action Theory

Hope empowers you to define meaningful goals and take purposeful action toward your future.

4 SELF-ADVOCACY

Social Model of Disability

Recognize barriers. Voice your needs. Advocate for workplaces that include you.

