

Webinar Series
**Advancing Equal Employment
Opportunities and Creating
Inclusive Workplaces**

**Part 7: Sharing Your Story with Confidence
in the Workplace**



**Sharing Your Story with
Confidence in the Workplace**

Joel Slack

Respect Institute of Georgia

January 22, 2019

Introductions



Joel Slack

**President, Slack Consulting, LLC &
Founder, RESPECT Institute of Georgia**

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WELCOME!



Founded by Joel Slack

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Sharing Your Story with Confidence in the Workplace

- Present Personal Background
- Describe the RESPECT Institute Program
- Highlight the benefits as they relate to Stigma Reduction and Self-Advocacy
- Highlight the benefits as they relate to Employment and Job Development
- Questions and Answers



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Personal Background

- An Athlete
- A Person with Mental Illness
- A College Graduate (Allegheny College)
- An Advocate (Atlanta)
- The Office of Consumer Relations (Nationwide)
- The RESPECT Seminar (Internationally)
- The RESPECT Institute (Missouri & Georgia)



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Mission and Principles

Mission

To Give Hope, Recovery and Independent
Living A Voice

Principles

1. Participation is voluntary.
2. You have a unique story, you are the sole proprietor and only you can articulate it.
3. If you don't tell your story, it will never be told.



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Impact

- Community Education
- Interpersonal Sharing
- Judicial Settings
- Employment Settings (ADA)



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Relevant Quotes

“There is no greater agony than bearing an untold story inside you”

Maya Angelou

“Sometimes we spend the rest of our lives trying to make sense out of experiences that never made any sense”

Dr. William Anthony



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Process

**First 3 days are facilitated training
“A Sculptor’s process”**

- Day 1: Cleaning out the attic - Sharing - Homework
- Day 2: Presenting story from the podium - Homework
- Day 3: Presenting polished version of story from the podium

Fourth morning is a formal Graduation Ceremony

Outreach: Speaking engagements



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Stigma Reduction

- Eliminate self-directed stigma
- Own your story
- Proclaim your story
- No longer embarrassed
- Then: “I’m sorry” - Now: “You’re amazing”
- Community is aware of illness, not so much of recovery
- Glimpse of humanity



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Self-Advocacy

- Don't have to hide who you are
- For some, making everyone around them aware that they are in recovery is important
- Recovery is possible - You are the evidence!
- More self-confident and comfortable
- Making a connection with others
- No longer feeling alone and ashamed.
- Give advice. You are the expert at the podium.



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Employment and Job Development

- Speaking engagements put you "out there" and available
- Provides a framework to be honest whether in a therapeutic or corporate environment
- Don't have to talk only about darkness and push people away
- Prepared to articulate what you need from your employer and colleagues



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Employment and Job Development (continued)

- We learn the importance of language and learn to apply it to our own story
- Can demonstrate points to leaders and policy makers by articulating our own experiences.
- Lived experience becomes a skill set, an asset



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Impact (continued)

- Create healthier communities through education (140,000)
- Always first on the agenda
- Graduates can articulate their story to parents & loved ones or share stories in the community
- Sensitizes professionals and administrators
- Consumer defines quality
- Customer is personalized
- Recovery and resilience is brought to life
- Students learn from patients



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Precaution

- Encouraging someone to tell their story can place them in an extremely vulnerable mindset and open them up to their past and unresolved traumas.
- It requires a specialized skill set to facilitate a comprehensive storytelling process.
- If you are not trained and do not have the necessary skill set to do this, you can cause more harm than good.



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Contact Information

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Basil the Beagle in the Laundry Basket



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EDUCATION CREDIT



Requirements:

Must be registered, attendance verified, post-test completed.

Credits:

- Certificate of Completion
- CESP Credit

EDUCATION CREDIT POST TEST



- ******Must be registered, attendance verified, and post-test completed to receive credit.
- Post Test for Webinar Series Part 7
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- Your feedback is important to help determine the effectiveness of this webinar in meeting your needs and to guide planning for future webinars.
- Evaluation Part 7 of Webinar Series
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ARCHIVED WEBINARS



- All webinars in this eight-part series will be archived with recording (video & audio), presentation, and transcript - please share.
- Archives: Advancing Equal Employment Opportunities and Creating Inclusive Workplaces
or copy and paste
www.adasoutheast.org/webinars/archives.php

UPCOMING WEBINAR



Part 8: Save the Date!

- **Large Employer Initiatives and Public Sector Employment**
February 25, 2020
- Register for Webinar Series: Advancing Equal Employment Opportunities and Creating Inclusive Workplaces
- or copy and paste:
bit.ly/equal-employ-opp-webinar-seada-2019

Questions?

Southeast ADA Center

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404-541-9001

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E-mail adasoutheast@law.syr.edu

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