

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

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Introductions



Joel Slack

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

WELCOME!



GEORGIA
MENTAL
HEALTH
CONSUMER
NETWORK



OF GEORGIA



D·B·H·D·D

Founded by Joel Slack

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



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)



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.



Impact

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



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



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



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



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.



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



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



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



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 to do not have the necessary skill set to do this, you can cause more harm than good.



Contact Information

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Basil the Beagle in the Laundry Basket





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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EVALUATION

- 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 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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800-949-4232 (toll free)

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E-mail adasoutheast@law.syr.edu

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Disclaimer

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