

Everybody Has Skills

Making the Most of Everybody's Skills

Self advocacy can involve many different skills.

Some of the most important skills in self advocacy are:

- Getting your message across clearly (communication)
- Paying attention to other people (listening)
- Making choices (making decisions)
- Finding answers to questions (solving problems)
- Feeling confident about yourself and speaking up (being assertive)
- Giving everyone a chance to take part (co-operating)

This may seem like a long list of skills. When you read it, you may feel it is too difficult for you!

BUT REMEMBER — You don't have to be good at **all** of these skills to take part in self advocacy.

To make the most of self advocacy, make sure that everyone uses the skills they have, and find help when you need it!

Here are some ways to do this:

1. SHARE OUT THE JOBS

Everyone is good at doing some things

We call these a person's strengths.

In any group, different people will have different strengths.

Some people will be good at some skills while other people will be good at different skills.

To make self advocacy work well, make sure that everyone has the chance to use their strengths.

So when there are jobs to be done, get people to do the things that they are good at.

For example:

- If two people in the group can write, get them to do any writing that needs to be done.
- If several people can read, share out the reading.
- You may think one person is very good at thinking up ideas, while another person is good at thinking out what would be involved in trying out these ideas.
- Some people will be good at making tea and coffee.
- Other people will be good at listening.

REMEMBER — **everybody is good at something.**

Make sure that you make use of all the skills, whatever they are. That way, everyone can get to take part in self advocacy.