

Notes

Setting Your Sight on the Future
Week 5 – Power of Partnerships
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Power of Partnership -- Inter-dependence vs. Independence

Def. of Partnership – A person who does something or shares something with another. Partnership infers a goal you may have together.

You have interactions with a lot of people that bring something to the table that is a benefit to you. You in turn also bring something to the table.

- You bring business if you are a consumer
- You bring emotional relationship if it is family or friends
- You bring experience and knowledge if it is your employer
- You bring willingness to learn and grow if in school

Roles, Responsibility and Support

In every partnership each person has a role and responsibility

For a team – show up for practice, be ready

For your employer – show up on time, ready to work,

For your community – (church, community organizations, Spina Bifida chapters) be an active participant

Healthcare Partnerships

Task: To become your own healthcare advocate.

1. Increase health literacy
2. Understand secondary conditions – What you are most at risk for because of Spina Bifida
3. Make your own support network. People that will help you “over see” or keep on top of the medical requirements
4. Develop Self Advocacy skills

Gentle Yoga with Sharon, Yoga Uniquely Yours
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Yoga means union. Integration of Body, Mind and Spirit. With the practice of yoga you will gain a sense of well being.