



Getting the Reps with: Paralympian Chris Waddell

Changing the Picture

Key Takeaways

- People are going to make assumptions about you. If you feel like the picture they have of you is incorrect, you can try to give them a different one.
- The goal is to find a way to get people to see us for who we really are.
- When there are other people who might feel like they don't belong you can help by being embracing of them and allowing yourself to be surprised by them instead of holding on to your own assumptions as facts.

Things to Think About

- What kind of picture do you think people have of you? Is there anything you would change?
- How can you make it easier for someone else who might feel a little different?

Ways to Practice

- Tell a partner something about yourself that you think might surprise them.
- Over the next week choose one way that you can help someone else feel like they belong.

