Stuttering Advocacy in the Workplace

BINGO BOARD

Introduce yourself to someone new as a PWS	Organize a presentation about stuttering advocacy to your company	Set or model communication expectations *(patient listening, include everyone, etc.)*
Find supportive friends you can openly talk to about your stutter	Share your stutter with employers	Wear PWS swag or decorate your desk with PWS merchandise
Set talking challenges for yourself *(eg, speak up at a meeting once a week)*		Ask about accommodations or research what your workplace offers
Frame your stuttering as a strength – list three or more "pros" of stuttering	Identify an area at work where you know you may want extra support	Practice positive self-talk; write yourself a mantra on a Post-It
Make it a goal to try exposure therapy or experience a situation outside of your comfort zone	Use humor to alleviate possible pressure surrounding your stutter	**Brainstorm your own approach to advocacy!**