

Stuttering Advocacy in the Workplace

BINGO BOARD

TELL ONE TRUSTED COWORKER THAT YOU STUTTER	MODEL STUTTERING OPENLY IN A CONVERSATION OR MEETING	ADD STUTTERING TO YOUR EMAIL SIGNATURE (<i>"I STUTTER, & IT'S OKAY"</i>)
COMPLIMENT SOMEONE ELSE'S COMMUNICATION STYLE TO NORMALIZE VARIETY	POST AN ARTICLE ABOUT STUTTERING IN YOUR WORK LOUNGE OR IN A SHARED EMAIL THREAD	CHOOSE NOT TO WORD-SWITCH DURING A CONVERSATION
USE A NSA PEN IN FRONT OF OTHERS OR POST A NSA STICKER SOMEWHERE VISIBLE TO OTHERS		SPEAK UP ONCE DURING A MEETING, EVEN IF YOU EXPECT TO STUTTER
RESEARCH/ASK FOR ACCOMMODATIONS AT YOUR WORKPLACE	PRAISE A COWORKER FOR BEING A GOOD LISTENER	WEAR STUTTERING MERCHANDISE TO WORK OR USE A STUTTERING GRAPHIC IN ZOOM/TEAM CALLS
WRITE A POST-IT THAT SAYS "IT'S OKAY TO STUTTER" & PLACE IT SOMEWHERE YOU CAN SEE IT EVERY DAY	OPEN A MEETING WITH A DISCLOSURE (<i>"I STUTTER, WHICH MEANS I MAY NEED SOME EXTRA TIME..."</i>)	BRAINSTORM YOUR OWN APPROACH TO ADVOCACY!