

Being a Leader



Friends & Authors Series

A Book by
JANET TIBBS

Idea Magic Books

Being a Leader



Janet Tibbs

Friends & Authors Series

Photos Courtesy of Hability Solution Services

Idea Magic Books

An imprint of Hability Solution Services, LLC

PO Box 2595 • Kearney, NE 68848-2595

Toll Free in the U.S. 1-888-814-3238



ISBN 1-932062-33-5

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Published by Idea Magic Books

An imprint of Hability Solution Services, LLC

Kearney, Nebraska 68848-2595

Printed in the United States of America

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First Edition 10987654321

Dedication

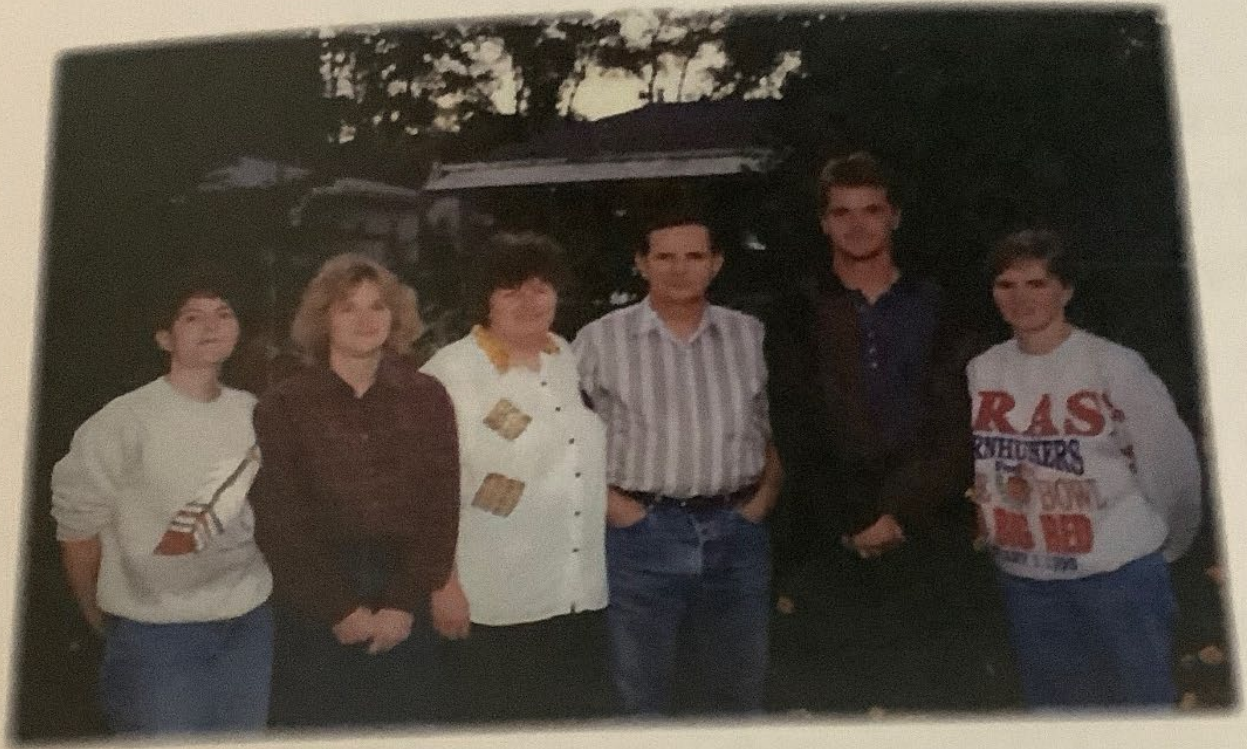
I am dedicating this book to everyone who wants to be a leader. I also would like to dedicate this book to everyone who has helped me become the person that I am today. But most of all I would like to share this book with my parents.



Hi! My name is Janet. I have written this book to help people learn how to become better leaders in their communities.

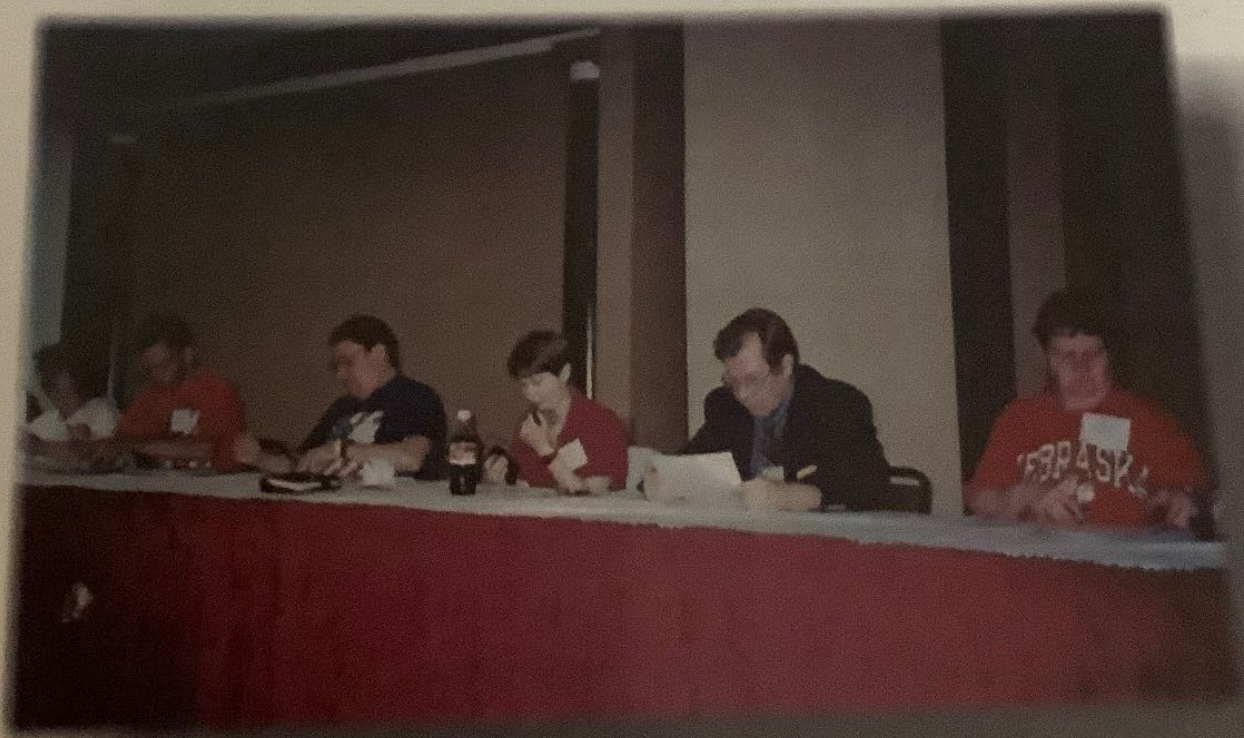
At one time in my life I was very shy and liked to hide behind my mom. No one thought I would come out of my shell. Since then, she has helped me learn how to do many of the things that it has taken to become the leader I am today.



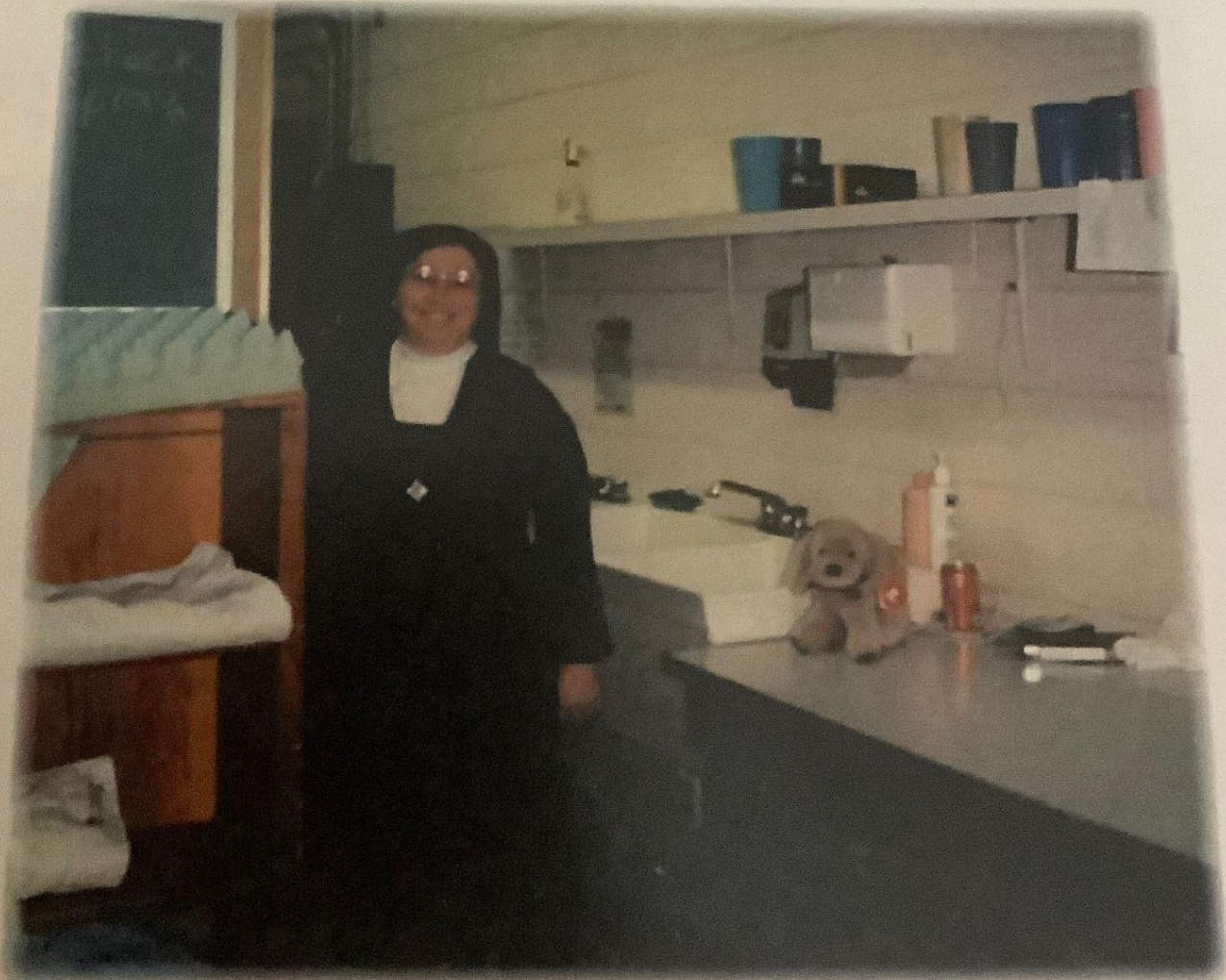


No one believed that I would be able to live on my own. They thought that I would live with my parents all of my life. Well, I didn't. Being a leader is about doing something you believe in, no matter what other people say!

The first group I became involved with was People First. They are a strong, national organization that teaches people self advocacy and leadership skills. As you know, self advocacy means standing up for your rights and learning to make your own decisions.



Many years ago, my friend, Sister Janice, was the advisor for the local chapter of the People First Organization. She is the one who got me interested in joining the group. Soon after I joined, I became the Secretary, then Treasurer, and then the **PRESIDENT!**



In 1995, I won the Ray Loomis award for the self advocate of the year. It is the highest honor awarded by People First.





Another group I enjoy being involved with is The Arc. This is an organization that helps people share their talents and improves involvement in the community. They sell honey on Honey Sunday, hold dances, picnics in the summertime, bowling, and many other fun activities.

I have met so many fun and interesting people during my membership in both of these organizations. I have met people from all over the United States who have become some of my best friends.



Here are some tips on how to become involved in leadership:

#1

Be a good advocate for people with disabilities by being a caring person.

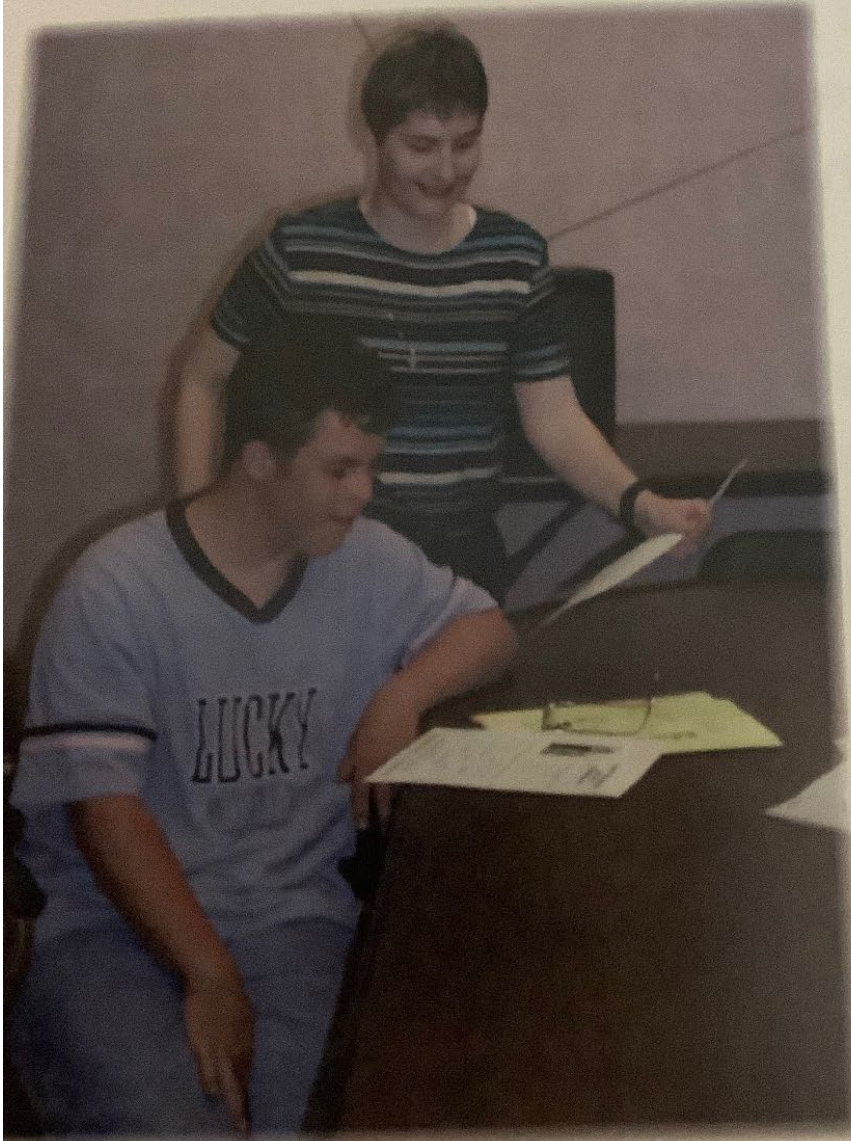


#2

Don't be afraid to speak in front of others, especially large groups of people. I was very nervous the first time I spoke in front of a group.



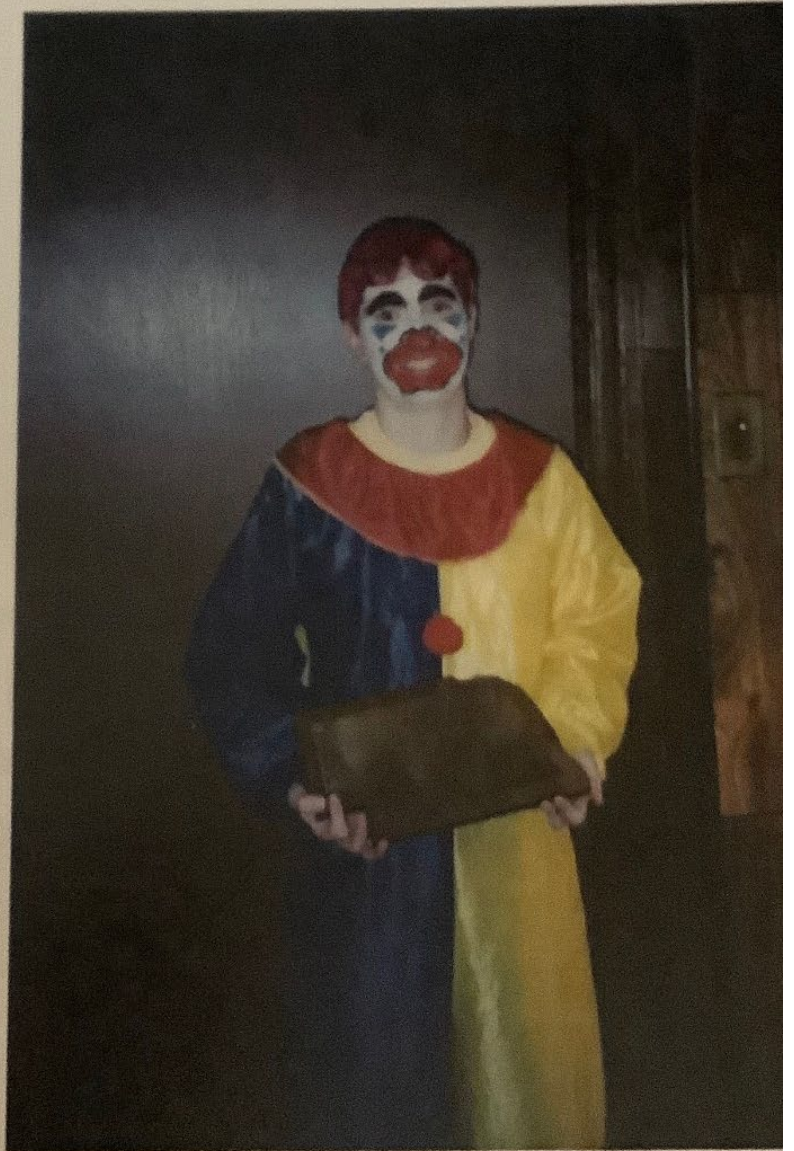
#3



Show people how to become a leader through self advocacy by giving presentations, and teaching them how to get involved.

#4

Stick to it and *never* give up! As someone once said, "Enjoy the journey, life is not a spectator sport." You really can do anything you put your mind to.





As you can see, being a leader can be a lot of work, but at the same time a lot of fun. Everyone has the ability to become a great leader. Will you join me in my journey?

About The Author



I was born on August 16th, 1968, in Grand Island, Nebraska. I am the youngest of four children. I went to a small school where I was in the special education program. I graduated in 1987 with a lot of support and encouragement from family and friends. I eventually moved out of my parent's home and since have moved to Kearney, Nebraska. I live in a cozy apartment with my two parakeets.

Some of my hobbies include cross-stitching, watching sports, talking on the phone, bowling, video games, my computer, bingo, and being active in the community.

I have been involved in many different organizations over the years. Some of those are: Developmental Disabilities Council, The Arc, and People First of Nebraska.

I also enjoy volunteering my time to these organizations: The Knights of Columbus, Lutheran Family Services, and at Kearney Manor.

Recently I have taught leadership training and was a facilitator for the All-Stars. I also worked with the Tobacco Cessation Project (stop smoking program).

Important Information

Self Advocacy-speaking up for your rights, standing up for yourself, and making your own decisions. www.sabeusa.org

People First-a group that helps people learn and teach self advocacy and leadership. They have elected officials in which anyone can be nominated. www.peoplefirstofnebraska.org

The Arc- a national organization of and for people with cognitive, intellectual and developmental disabilities and their families. Anyone is free to join. Our local Arc offers many recreational activities, and also supports People First of Kearney and Quality Review teams.

The Arc of Buffalo County

2022 Avenue A STE 14

Kearney, NE 68847

www.arc-nebraska.org

Friends & Authors Series

The "Friends & Authors Series" was developed
because it was needed.

We all identify with people who are like us, people
who like the same things we do.

Our authors all work under the same contract,
whether they write medical text or special interest
books. The value of work does not change because
of who we are. The value of our work increases
because of how we do what we do.
All of us need support in our careers.

Each of us should have the opportunity to follow our
dreams and to share our gifts.

• HABILITATION • ABILITY • SOLUTIONS •



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