



TRAINING INITIATIVES FOR  
NEUROLOGY ADVOCATES

# COMMUNICATING WITH IMPACT

COURSE NOTES



# COMMUNICATION IS POWERFUL

## SELF ADVOCACY IS EMPOWERING

[HTTPS://WWW.VOICESTOGETHER.COM.AU/SELF-ADVOCATES/SELF-ADVOCACY-VIDEOS/](https://www.voicestogether.com.au/self-advocates/self-advocacy-videos/)

## Gaining Confidence

*“You can’t be that kid at the top of the waterslide, overthinking it. You have to go down the chute”*

4 confidence killers: Overthinking, Fear, Limiting beliefs, ‘Bossy’

Quieting the Inner Critic - [Neuroplasticity](#) , [Mindfulness](#) , [Self Compassion](#)

## Sounding Confident

4 Ps - pause, pace, power, pitch

[https://www.ted.com/talks/julian treasure how to speak so that people want to listen](https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen)

## Looking Confident

Your body language speaks volumes

[https://www.ted.com/talks/amy cuddy your body language may shape who you are](https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are)

Inclusive design [Ted Talk](#)

*“Nothing about us, without us” Irish disability activist Sinead Burke*