

Leadership Workbook

Scottish Learning Disability Week 2023



This workbook has been written by SCLD as part of Scottish Learning Disability Week 2023



The workbook is about people with learning disabilities and **leadership**



It contains lots of information about **leadership**

Made with the help of
PHOTO SYMBOLS



You might want to talk to a friend, or advocate, or support worker about the information in this workbook



SCLD works with lots of people with learning disabilities who are **leaders** in their own lives and in the lives of other people



SCLD's role is to support people with learning disabilities in their **leadership** roles

What is leadership?



Anyone can become a **leader** if they want to.

Here are some examples:



You can help other people to think or act differently



You can tell other people about your experiences.

This can make other people think about things in a different way



You can encourage someone to join a new group or activity



You might become more involved in planning your own support



You become a **leader** when you help other people solve a problem



You become a **leader** when you help someone to say they are unhappy about something



You become a **leader** when you help someone tell their story to bring about change



You become a **leader** when you talk to someone and really listen to their problem and suggest some ideas about how they can change things



There are some activity sheets at the end of this document – have you seen them?

Try **Activity sheet 1: How do I show leadership at the moment?**

Why become a leader?



Becoming a **leader** helps you feel good about yourself



Becoming a **leader** helps other people feel good about themselves



Becoming a **leader** can help change things for individuals and groups of people



You might help change your support if it isn't working for you



You might help get people to change the way they do things in your local community



You might want to join a charity's Board and make sure it does a good job



You might help politicians write better laws



Can you think of other ways that being a **leader** might help you or other people?

You could try **Activity sheet 2: Where else in my life can I show leadership?**

How do I become a leader



If you want to become a **leader**, you can join a group or network like:



National Involvement Network (the NIN)

<https://arcscotland.org.uk/involvement/national-involvement-network/>



The Assembly

<https://viascotland.org.uk/project/the-assembly/>



You can speak to someone and get some ideas about how to become a **leader**



You can apply to do the Our Future Leaders Course and learn **leadership** skills

www.sclld.org.uk/what-we-do/our-future-leaders



If you have an advocate or support worker, you can ask them to support you to become a **leader**



You can join a club or sports group and ask them to help you become a **leader**



You could try **Activity sheet 3: What issues are facing me or others in the world that I want to change?**

Making it happen!



If you want to become a **leader**, the important thing is to tell people that is what you want



Look for opportunities that are interesting to you



Join something new!

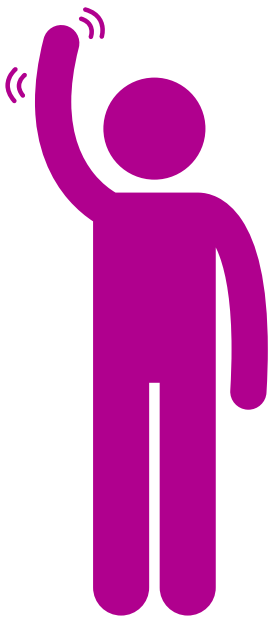


LEAD to CHANGE!

You could try **Activity sheet 4:**
My lead to change plan

Check out SCLD's website for more information:
www.sclld.org.uk/learning-disability-week

Activity sheet 1: How do I show leadership at the moment?



Write or draw
to show us
how you lead



Activity sheet 2: Where else in my life can I show leadership?



Write or draw
to show us
your ideas



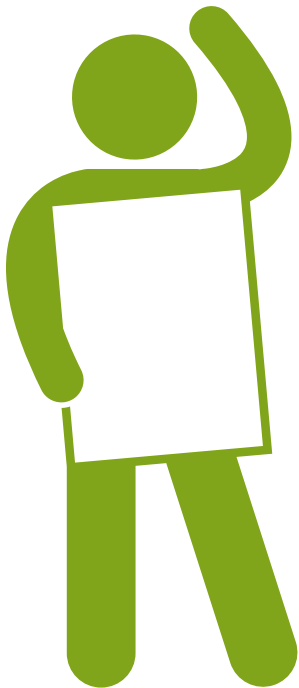
Activity sheet 3: What issues are facing me or others in the world that I want to change?



Write or draw
to show us
your ideas



Activity sheet 4: My lead to change plan



Write or draw
your lead to
change plan



You can find examples of 'My lead to change plans' on SCLD's website