

Our Stories Impact Self-Advocacy



ပဝံးပကျိးသုၣ်တဖၣ်ဘၣ်တီၢ်ဘၣ်ထံးလိၣ်အသးဒီးနီၣ်ကစၢ်အတၢ်ကတိၤစၢၤတၢ်

Agenda

တၢ်မၤရဲၣ်ကျဲၤတက့ၢ်

Welcome and Workshop Overview

- Self-Advocacy Continuum

တၢ်တူၢ်လိၣ်မုၢ်ဒီးတၢ်အိၣ်ဖျိၣ်တၢ်ဝဲသကိးအတၢ်ပဲၣ်ထံးနီၤဖး

- နီၣ်ကစၢ်အတၢ်ဆဲးတဲကတိၤစၢၤတၢ်

Introduction: What is a *Testimonio*?

တၢ်ကတိၤဆၢၤန့ၣ်: တၢ်အုၣ်သးစံးတၢ်န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်?

Activity: If You Really Knew Me

တၢ်ဟူးတၢ်ဂဲၤ: နမ့ၢ်သုၣ်ညါယၤနီၣ်နီၣ်န့ၣ်

Activity: “I am From” Poem

တၢ်ဟူးတၢ်ဂဲၤ: “ယဟဲလၢ” ထါ

Activity: Developing an Effective Personal Story

တၢ်ဟူးတၢ်ဂဲၤ: တၢ်ဒိၣ်ထီၣ်ထီၣ်ထီၣ်ဒုးဘၣ်ဘျူးဘၣ်ဖျိၣ်နီၣ်ကစၢ်အဂ့ၢ်အကျိး

Closing & Next Steps:

- Using Your Personal Story for Self-Advocacy

တၢ်မၤကတၢၢ်ဒီးခိၣ်ခါအတၢ်လဲၤသုၣ်တဖၣ်ဆူညါ:

- သူနနီၣ်ကစၢ်အတၢ်ဂ့ၢ်လၢနီၣ်ကစၢ်အတၢ်ကတိၤစၢၤတၢ်အဂီၢ်တက့ၢ်