
“I learned:

- don't let the small things bring you down and ask for help.

- about How to handle bullies.

- I can do what my heart desires with help of my support.

- about how to be healthy.

- that there is nothing I can't do.

- information on how to go to college.

- a lot from coming to the conference every year...

I have learned something new at every conference and every session.

- a lot. Never give up on my Independence.”

“I realized that:

- there were more leaders out there.

- there are “all walks of people”.

- some folks are hurting inside, we need to listen and have patience.

- I am not alone.

- institutions are for the birds!

- it was nice to learn that other people and I see things the same.”

“I was inspired by:

- the way they talked about boundaries and how to keep safe.

- being able to ” visit better with great others” at the conference.

- keynote speaker Austin Taylor:

Even if you are not disabled, your perception can disable you.”

- messages like "Never give up"; "Stand up for yourself"; "Go for your dreams".
