



*The Mission of the Aspiring LeADDership program is to foster Aspiring LeADDers with developmental disabilities to build community, strengthen self-confidence, and develop leadership skills, so they may LEAD by example, find their VOICE and take ACTION!*

A 10-month leadership journey for young adults with developmental disabilities to build skills, confidence, and community impact.

### Program Highlights

- Discover your strengths, values, and passions.
- Build leadership skills: communication, self-advocacy, teamwork.
- Learn through monthly in-person sessions in Westchester County.
- Celebrate your growth with a graduation ceremony.

### Leadership Topics

• Self-Awareness	• Goal Setting
• Social Awareness	• Communication Skills
• Self-Management	• Building Relationships
• Community Building	• Teamwork

### Program Details

- Sessions: Once a Month on Wednesdays, 10:00 AM – 3:00 PM
- Location: In-person in Westchester County
- Cost: Free (requires full commitment)
- Duration: September – June
- Application: Open - Deadline June 15<sup>th</sup>
- Participants must apply and be accepted into the program. Limited spots available.
- Support: Accommodations provided for diverse learning needs

### A Collaborative Initiative

Between Volunteer New York! and the Westchester Institute for Human Development.

Launched in 2023 to empower aspiring leaders with developmental disabilities.



To APPLY or to refer someone, scan code or go to

<https://www.volunteernewyork.org/RISE>

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