



Dear Self-Advocate

Speaking Up for Us (SUFU) is offering a Hands On Leadership Training program that is helping redefine self-advocacy. You will learn problem solving, decision making, and how to be a leader. This training will help you gain the confidence and skills needed to advocate for yourself and others.

Because this program is so unique you needed to be nominated to participate. Congratulations on being nominated to participate in this program!

This training is a three-day program, one in Northern Maine, one in Southern/Central Maine from 9:30 to 2:30 each day. For Northern Maine the dates will be June 12th, July 17th, and August 14th and for Southern/Central Maine they will be on September 4th, October 9th and November 6th. Please check to be sure that you can attend all three sessions, since each day is important to your learning. Meals will be provided, and transportation will be reimbursed.

There is a fee of \$15 for SUFU members or \$25 for non-members (with \$10 of the \$25 going to your new SUFU membership.)

We look forward to working with you,

Speaking Up For Us Staff



To apply please answer the following questions to help us know you better.

Your name:

Date of Birth (month, day and year you were born):

Home address:

Email Address (If you have one):

Phone number where we can reach you or leave a message:

To apply please answer by putting an **X** in either the Yes or No Line:

- I will attend all three days of the training. ___ Yes ___ No
- I will try to use what I have learned in this training in my community?
___ Yes ___ No
- I will pay the program fee of \$15 for SUFU members and \$25 for non-members (\$10 of the \$25 goes to your new SUFU membership) BEFORE the program begins.
___ Yes ___ No
- Are you willing to participate in an interview before being selected into the program (either in person or on Skype or GoToMeeting)?
___ Yes ___ No
- I will be able to be at the meeting by 8:45 so we can start at 9 AM
___ Yes ___ No

Please answer the following questions with information about yourself.

1. Why do you want to be part of the SUFU Leadership Training?

2. Tell us something you are good at.

2. Tell us about ways that you are presently a leader or have been a leader in the past.

3. What gets in your way of being a leader?

Signature

Steps in completing your application:

- Complete the application form
- Email the application to info@sufumaine.org by May 28th 2024.

Thank you very much! We look forward to meeting with you for your interview. You'll be hearing from us soon to set a date for that meeting.

Please mail the completed application and payment to: Speaking Up For Us
PO Box 4139 Presque Isle, ME 04769