

October is LD Awareness Month

A Message from an LDAYR Ambassador



Frank Cirinna shares an inspirational message on turning disabilities into strengths!

One of the most common things which we seek to prevent in life is harm of those we care about. If there is something we can do, or advice we can give, which will prevent someone from harm, we will do so. Unfortunately, our thought process on this can be counter intuitive. Growing up I was a big talker. Well I still am. But back then I was worse. No filter, no understanding of consequence.

And a lot of this is a trait of ADHD, the impulsiveness and the compulsion to speak when thinking. Instead of being taught how to fix my gift for the gab, I was told to restrict it. I was reminded I shouldn't work in communication based jobs. When I mentioned career paths I wanted to pursue, I was heavily encouraged to pursue something that was isolation based.

The truth is, that is what was easier, because in the eyes of those telling me this, they thought I would fail, or get myself into trouble. I would come into harms way. But this concern for my well being was guiding me towards a path where I wouldn't have been happy. As I went into university and crafted and honed my communication abilities in my Business program, I learned that I was quite good at oration. I channeled this and it led me to winning pitch competitions and becoming a speaker, including now as a Champion for the Voices of LDAYR. A disability tends to simply be a different mode of a skill. When we try to suppress these problems in order to avoid harm, we sometimes lose the opportunity to turn it into something great.

**Don't DIS
my ABILITIES!**



October is Learning Disabilities Awareness Month.
Help stop the stigma and realize the ABILITIES!