



Leadership & Empowerment Program

โครงการฝึกอบรมด้านภาวะผู้นำและการเสริมสร้างศักยภาพ

2013

For young potential leaders with disabilities in Thailand

สำหรับผู้นำคนพิการรุ่นใหม่ในประเทศไทย

Leadership & Empowerment Program For young potential leaders with disabilities in Thailand

organized by

the Asia-Pacific Development Center on Disability (APCD)



in collaboration with

the Minister of Social Development and Human Security of Thailand



May to December 2013

APCD Training Building, Bangkok, Thailand

This report is available in a text format for persons with visual impairments and blind persons.
Please contact info@apcdfoundation.org for further details.

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W HAT IS LEADERSHIP & EMPOWERMENT PROGRAM BY APCD?

The Leadership & Empowerment Program (LEP) is a series of yearly training for young Thai potential leaders with disabilities. LEP provides an opportunity for young persons with disabilities to develop their understanding about disability and development, English and facilitation skills, and trains them to be professional facilitators internationally. LEP training have been conducted by APCD since 2012. The training contents have been designed by Thai resource persons with disabilities to develop and integrate their knowledge, skills, positive attitudes and valuable experiences into the sessions. The resources persons stimulate and encourage participants to become young leaders with disabilities, and be able to break through community barriers by powerful learning experiences to become agents of change!

The Thai young leaders with disabilities will be transformed to become agents of change, paving innovative tracks for sustainable development. APCD functions as a hub for the Asia-Pacific region, it is necessary to have both international and local (Thai) well-qualified and, well-trained resource persons to be involved in the international/local activities. The resource persons provide insights and lend their expertise to APCD activities. In terms of disability movement together with skills for English and facilitation process, APCD can invite them to be resource persons for future training. LEP is a model of good practice for human resource development.

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EXECUTIVE SUMMARY

The Asia-Pacific Development Center on Disability (APCD) has implemented the Leadership and Empowerment Program (LEP) 2013 for young potential leaders with disabilities in Thailand. To achieve the goal of developing future international resource persons and agents of change from Thailand, the training was designed for three days per month starting from May to December 2013 (8 months). The aims were to develop understanding on disability development, English and facilitation skills for potential of young Thai persons with disabilities; to involve young potential Thai persons with disabilities in APCD activities; and to follow up the 2012 course content to further elaborate key elements of the program.

In total 5 prospective participants with disabilities from 4 provinces were recommended and selected by LEP 2012 Alumni in accordance with the APCD criteria. The 5 young Thai persons with severe disabilities (wheelchair users) showed willingness and strong commitment. The participants were supported by Personal Assistants (PA). The participants came from self-help groups and organizations of persons with disabilities located in provincial areas such as Bangkok, Chacheungchao, Khonkhen, and Nakhonsawan. During the regular training, participants were encouraged to learn and discuss on disability and development while English and facilitation skills were developed.



■ *First gathering of LEP 2013 Participants and Resource Persons*



■ *Learning community for All*

Three of the LEP 2012 alumni served as resource persons and shared their full experiences and expertise in disability and development. The LEP Alumni are Mr. Paradon Khumsab (LEP 2012 Coordinator/Project Manager

of the CIAI/APCD Project), Ms. Kwanruthai Sawangsri (LEP 2012 Alumni/Development Specialist of the CIAI/APCD Project), Ms. Daranporn Timniguy (LEP 2012 Alumni/DPOs Capacity Building Specialist of the CIAI/APCD Project). Mr. Watcharapol Chuengcharoen (Chief, Office of Network Secretariat, APCD) and Mr. Mark Morris (Australia Volunteer International Expert, Community Development Department, APCD) were assigned to facilitate an interactive learning environment by sharing their experiences and leading knowledge exchange.

The training outcomes were the sharing of the valuable “My Life Story” in English by the participants which they developed over the eight-month training. The participants’ performance output was demonstrated by sharing their knowledge, skills and valued experiences with all APCD staff at the LEP 2013 Wrap-up Training on 13 December 2013, at the Eastin Grand Hotel in Bangkok. “My Life Story” included a professional self-introduction, turning points, barriers, and achievements. During their presentation, a comprehensive set of facilitation skills (case study, film show, lecture, pictures, etc.) were presented by the LEP participants, including answering challenging questions from the audience. APCD staff expressed their appreciation to the presentations which came from the heart of the LEP participants.

All 5 participants completed the eight-month training required and the first step to be Thai international resource persons, and will be a part of on-going APCD program implementation. Their new learning will be integrated into APCD activities and developed further in 2014.



Participants and Resource Persons discussing “Facilitation Skills”

LEP is all about “EMPOWERMENT”. LEP is led by persons with disabilities for persons with disabilities. Human resource development is a long process and challenging. However, it is a reward for all involved. In line with the APCD mission, LEP is a good practice for human resource development.



Group photo with CLMV participants NHE Training

May	16	9.00 - 10.15	10.30 - 12.00	13.00 - 14.30	14.45 - 16.30
	17	10-12	June	July	September
		Session 1 Self-introduction Welcome messages from APCD Course Orientation	Session 2 Hopes and concerns Group Agreement Training committees English pre-test	Session 3 English training for development of "My Life History"	Session 4 Production of effective "My Life Story" presentation
		Session 5 Introduction of Facilitation and Teaching Integrate work with JAIF Project	Session 6 Effective Facilitator	Session 7 Participatory training management	Session 8 Understanding Disability and Barrier-free Society
		NHE Leadership and Empowerment Training in CLMV		NHE Leadership and Empowerment Training in CLMV	
		Session 9 Development of "My Life Story"	Session 10 Conversation about "My Life Story" with a foreigner	Session 11 Group discussion "Exchanging Personal Information"	Session 12 First Assessment Presentation of "My Life Story" in English
		Session 13 How to develop facilitation techniques - Demonstration - Practice	Session 14 How to develop facilitation techniques - Case Study - Practice	Session 15 How to develop facilitation techniques - Role play - Practice	Session 16 Poverty, Disability and Development
		Session 17 Exchange Life Story Information: Turning Point, Barrier and Achievement	Session 18 Descriptions of workplace, jobs and daily schedules	Session 19 Asking for and giving opinions	Session 20 Discuss & Exchange information
		Session 21 How to develop facilitation techniques -Panel Discussion -Practice	Session 22 How to develop facilitation techniques - Film show - Practice	Session 23 Integration of Facilitation Techniques	Session 24 Group Reflection
Lunch					

		9.00 - 10.15	10.30 - 12.00	13.00 - 14.30	14.45 - 17.00
		Session 25	Session 26	Session 27	Session 28
		Practice English of "My Life Story Presentation"	Review Life Story Information: Turning Points, Barriers and Achievements	Basic Reading Skill: Storytelling, Aesop's Fables	Basic Reading Skill: Newspaper, Magazine
	30				
		Session 29	Session 30	Session 31	Session 32
		Community-based Inclusive Development (CBID) and CIAI/APCD Project	How to develop facilitation techniques -Brain Storming - Practice	How to develop facilitation techniques - Simulation - Practice	How to develop facilitation techniques - Game, song etc. - Practice
	31				
		Session 33	Session 34	Session 35	Session 36
		Follow up LEP 2013 trainees' Assignments from October	Developing Group Presentation of Potential Activities in LEP 2014	Developing Group Presentation of Potential Activities in LEP 2014 (Cont.)	Practice and Feedback: LEP Group 2013 Presentation
	21				
		Session 37	Session 38	Session 39	Session 40
		Mock Presentations	Mock Presentations	Mock Presentations	LEP Group Reflection
	22				
		Session 41	Session 42	Session 43	Session 44
		Orientations to LEP 2013 wrap up training	Simulation of "My Life Story" Presentation	Simulation of Group Presentation LEP members 2013	Group Interview - Feedback and Expectation LEP 2014
	12				
		Session 45	Session 46	Session 47	Session 48
		LEP 2013 Wrap-Up Training Opening & Group Photo	LEP 2013 Wrap-Up Training My Life Story Presentation	LEP 2013 Wrap-Up Training Group Presentation LEP members 2013	LEP 2013 Wrap-Up Training LEP Climax Debrief/ Q&A Group Reflection Certificate awarding & Closing
	13				
October					
		Lunch			
November					
December					

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ARTICIPANT LIST

Mr. Chanon Kisorawong

- Chachoengsao Province

Personal Assistant: Mr. Racha Kisorawong

Mr. Cheonchom Angwanichsakul

- Khon Khen Self Help Group (SHG), Khon Khen Province

Personal Assistant: Ms. Somlak Aunwanisakul

Ms. Isaree Panyarthisin

- Payatai Independent Living Center

- Dhurakij Bundit University, Bangkok

Personal Assistant: Ms. Parnrada Panyarthisin

Ms. Pakkard Posee

- Payatai Independent Living Center

Personal Assistant: Ms. Pimonwan Phanarin

Ms. Paweena Khuntong

-Takhli Self Help Group (SHG), Nakhonsawan Province

Personal Assistant: Ms. Kwanruthai Sawangsri



Group photo of Participants and Resource Persons

LIFE STORY PRESENTATIONS

MR. CHANON KISORAWONG

My Life Story



Chanon Kisorawong
"Deuce"

Birth year 1986

- My name is Chanon Kisorawong. My nickname is Deuce.
- I was born in Bangkok on 19 September 1986.
- I am 27 years old.

My family

I have one younger brother and one younger sister



My family

- Now I live with my father, my uncle and my aunt in Chachoengsao.
- My mother, my brother and my sister live in Bangkok.

My family



2008 Bhumibol Adulyadej Hospital

- In February I had a car accident and I broke my neck and right hip.
- After the accident the doctor told me I need an operation.
- He told me I have a 50/50 percent chance to live.

2008 Bhumibol Adulyadej Hospital

- But if I don't do anything I will die.
- After the operation my doctor told me I maybe like superman.
- When I heard that, in my head there was nothing.

SUPERMAN



Christopher Reeve

- Actor Christopher Reeve best known as Superman cannot move from the neck down after breaking his neck in a horse riding accident in a competition.
- Reeve broke the top two bones, the most serious of neck injuries, and also damaged his spinal cord.

**2008 Bhumibol Adulyadej Hospital
Barrier**

- Both my legs have weakness because of spinal cord injuries.
- But a miracle happened to me!
- After 2-3 days I can move my hands and one leg.
- It surprised me and the doctor very much.
- But I have another problem, my right hip was broken.

2008 Bhumibol Adulyadej Hospital

- I had balance traction for 3 months.
- I can't move out of the bed.
- It's was so boring!
- When I saw people walk around me, I want to do that too.

Balance Traction



2008 Phramongkutklao Hospital

- After traction I moved to Phramongkutklao Hospital for rehabilitation.
- At Phramongkutklao Hospital my doctor talked to the Orthopedic doctor.
- I had to have another operation.

2008 Phramongkutklao Hospital

- After the operation my wound had an infection.
- The doctor had to reopen my wound and debrided the metal in my bone (operation again).
- After my wound healed the doctor sent me to rehab.

Turning Point

- At the rehabilitation ward I met Mr. Paradon and Miss Kwanruthai.
- They talked to me about how to live with disability.
- When I went back home my uncle told me, I could go to Chachoengsao Hospital to do rehabilitation.

2009-2013 Chachoengsao Hospital

- My uncle thought it was easy to rehab because my home is in Chachoengsao town, and only 5 minutes to the hospital.
- Until now, I go to Chachoengsao Hospital everyday for training my upper muscles for my daily living.

2010-2013 Achievement

Training muscles



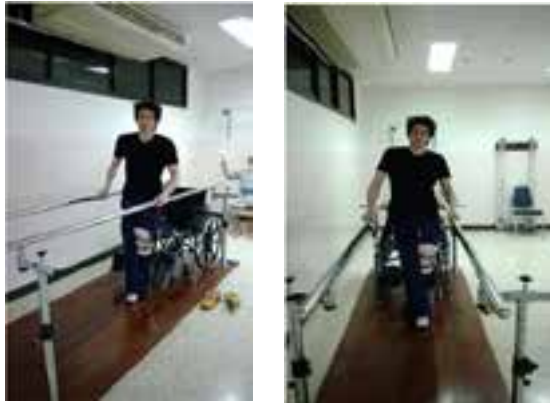
Training



Training



Walking a little bit for exercise



2013 Achievement

- Until now my hip is still not OK, but I have to live with it.
- Now I can go in to the community.





2013

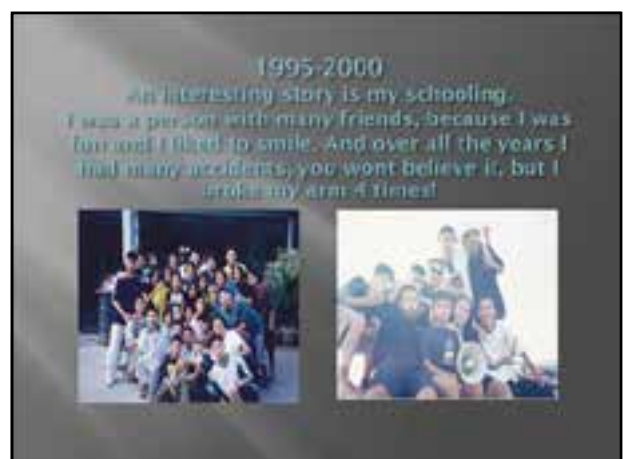
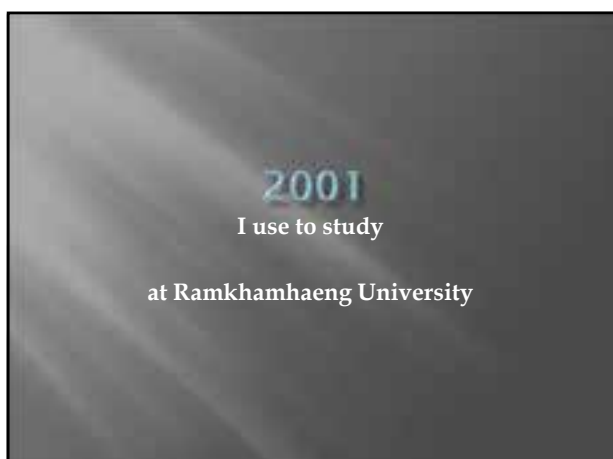
- I think after training I can use the knowledge in my life, and I will share my knowledge with other people that I meet.



Thank you



Presentation on life story by LEP Training participants



My friends in high school



We owned a business and worked at home as a child. I was happy on the job.



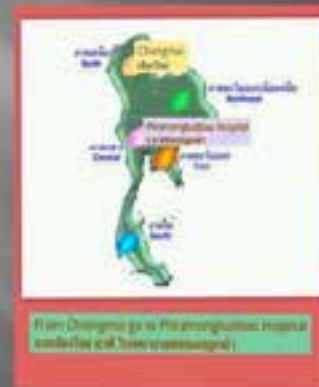
2005 I had to help the family business in Chiang Mai



2007

Accident of car hitting power pole.
Cause was of sleep while driving.
The date corresponds to the day I was born, and coincidentally, the time of surgery was the same as when I was born.
I had a spinal injury to the neck.
The muscle weakens and I cannot move.

I was treated and was a patient at Chiang Mai for about 3 months.
At that time I am very sad, I want to die at any time.
And there was the scene when I stopped breathing when the air tube was blocked!



2008
I traveled from Chiang Mai by ambulance to the Phramongkutklao Hospital.



2008
Turning point during the hospital stay, I cannot do anything, even communicate. The nurses introduced me to Mr. Paradon Koonsupso that I could know that I was able to do everything the same, though I may be slower and require help. Mr. Paradon Koonsup is a role model for me.



2009-2010
Barrier: Speaking, which I cannot do because I required surgery to close the neck about 10 times every month to be able to speak again.



Surgery

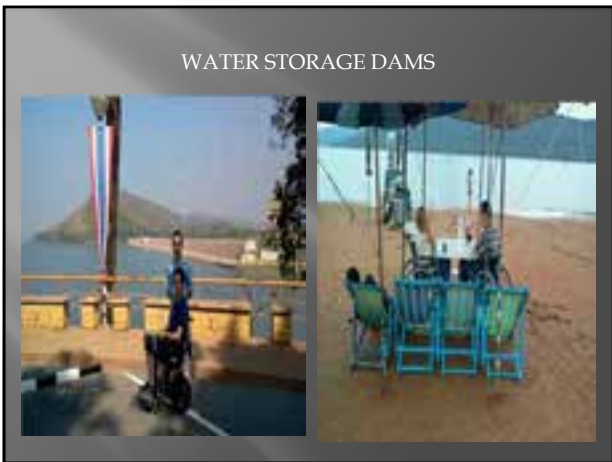


2010
I traveled to Khon Kaen. To train my body, but with it disabled, I need help. So there must be a lot of help for the disabled.



Training





SHOPPING MALL



RESTAURANT



Many others!



With the encouragement of family, friends and everyone, I was cared by them all as family.



Important, what I do in the future, is to get help, learn and participate in the work of people with disabilities.

Thank you



Role Play activity: Active listening skill

MY LIFE STORY

PRESENTED BY
ISAREE PANYAARTHISIN

My name is Isaree Panyaarthisin

My nick name is May or Mary

I was born in Bangkok on June 7, 1984

Now I am 29 years old



I am still living with my parents,
2 older sisters, 1 younger
brother, and a little niece



2006 Achievements

- ❖ I graduated from Srinakharinwirot University from the Faculty of Physical Education with a major in Health Science.
- ❖ Go abroad to USA for study and work.

2008 Work

- Returned to Thailand.
- Got a temporary job as an assistant tour guide in Korea.
- Started full time work at a real estate and marketing company service as a property consultant for luxury condominiums in Pranburi District, Prachuap Khiri Khan Province.

Korea



OFFICE IN PRANBURI



2009 Turning Point

- I worked there for almost a year before I got a new job to work overseas. I did not have to start working for the next couple of months.
- As I had a break, I took my mother and aunt on vacation to a resort at Pranburi. My friend was the owner of a ATV (Quad) and scooter for rent business. He invited me to join the ATV tour ride around a fruit farm on a mountain with 6 foreigners.



2009 Turning Points

- The accident happened, the ATV cart ran off the curve and fell off the mountain. My body floated out of the cart and struck a big tree.
- I felt pain in my neck, my body felt numb and I couldn't move my body.
- My cervical spine was crushed and misplaced
- Headed back to hospital in Bangkok for surgery.

2010 Barriers

- Was in hospital for almost 3 months for treatment.
- I had to do rehabilitation.
- I couldn't talk because my neck had a penetrating pipe for mucus suction.
- During this period I had many problems with myself and people around me. Especially with Personal Assistants (PA).

2010 – 2011 Barriers

- The word "Disability" came up to me.
- My habits changed I became negative, and had mood swings, and was angry all the time, because I couldn't admit the fact.
- I didn't want to go out, didn't want to contact anyone even my friends and I didn't socialize at all.
- I didn't allow anyone to tag any current pictures on social media and just pretended like everything was the same as before the accident.

2012 Turning Points

- Met up with Khun Mod (LEP 2012).
- She introduced me to Khun Jeab (LEP 2012) and Khun Paradorn. I met them again when I had physical therapy at Phramongkutklao Hospital.
- I joined the Payathai Independent Living Team (Payathai IL) and started activities since then.

2013 Achievement



LEP member 2013

Timeline

1984

- Born

2006

- Graduate bachelor's degree
- Go abroad

2008

- Back to home town
- Start work

2009

- Had an accident

2010-2011

- Treatment
- Rehabilitate

2012

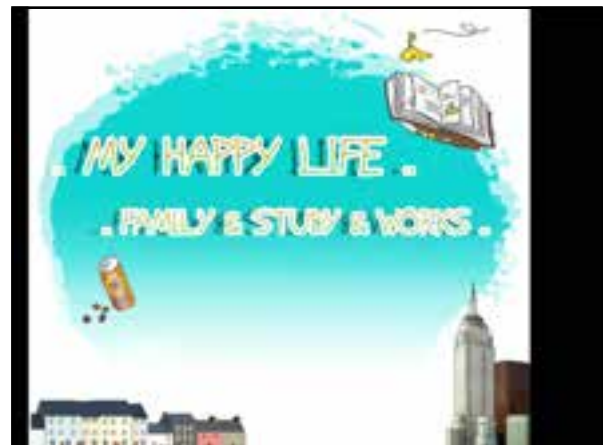
- Meet up with Khun Mod and Phayathai IL Team
- Start to join activities

2013

- LEP member 2013 (Leadership and Empowerment Program)

NEXT

Video presentation



Thank you

Asia-Pacific Development Center on Disability
(APCD Foundation)



Practice Life Story presentation in English

Turning Points, Barriers and Achievements

Ms. Pakkard Posee

What I am going to share:

- Introduction
- Turning Points
- Barriers
- Achievements

P1

Introduction

- My Name is Pakkard Posee
- My Birthday is 27 April 1974
- I was born in Lopburi, Thailand
- I have one younger brother.
- I stay with my mom in Bangkok

Turning Points

When I was two years old because of a injection accident I became a PWD.

When I was in school I had no friends because I had Braces on my legs.

I have No Education due to No Accessible Schools

Turning Points

I stopped my study because of no accessible schools.

When I was 13 years old, I realized God was with me.

Turning Points



When I was 18 years old, I can move a bit but I fell in the bathroom. After that I cannot move.



Hand

Elbow

I can only move my hands and elbows.....

❖ Barriers

- ✓ No School
- ✓ No Friends
- ✓ No Job
- ✓ Try suicide 3 times



I am a member of "Friendship 2000" Club.



My friends with disabilities and I set up a self help group "God bless you".



I work with Payathai IL Center



I work with Local Member Ms. Urli Anuntasin from Patum Wan, Bangkok.



My Barriers

Get in & out a Taxi!



BTS No Lift!



Steps!

Achievements



Working for PWDs



Achievements



LEP 2013 Training at APCD.



Promote Access for PWDs.



My Mottos



A new society, and barrier-free.....

My Mottos
*** Good self attitude!**
**** Networking for Success!**
***** Freedom and Peace**



Working with Payathai IL and LEP 2013 has developed my leadership skills and English.....



Thank you for today & smile!



■ *Certificate Presentation to LEP Participants*

My Life Story




Paweena Khuntong

Outline

- ◉ Introduction
- ◉ Cause of Disability
- ◉ Turning Points
- ◉ Achievements

Introduction



My name is Paweena Khuntong
 Nickname is Pui.
 I was born in Nakonsawan on August 25, 1988.
 I am 25 years old.

There are five people in my family




My father and mother, two elder brothers and myself.

My big family



Educational Background

Type	Name of Institution	Year	Level
University	Chiangmai University, Chiangmai	2006-2009	Law Degree
Secondary	Chongkhaepittaya school ,nakonsawan	2000-2006	High School Diploma
Primary	Ausahavittaya School,nakonsawan	1994-2000	Elementary Diploma

Primary School



Cause of disability

- ◉ I began to have Paraplegia since I was 5 years old.
- ◉ The lower part of my body and both of my legs cannot move.

on that day I had a fever so I took some medicines and slept but after I woke up I found that the lower part of my body and both legs cannot move.



- ◉ Then I went to see the doctor and discovered that there was a virus that destroyed my spinal cord and nervous system.
- ◉ I was in hospital for 3 months.
- ◉ I had rehabilitation for 1 year.

Turning Points

- ◉ I attended primary school with the support of family, teachers and friends.
- ◉ My lifestyle changed such as using the bathroom, Travel, and other activities but I thought I would walk again.
- ◉ My father told me that I have already recovered but I will sit in a wheelchair forever .



Friends visited at home

Go back to school





University Barrier

- Planning to go to university for PWD
- I visited Chiangmai University.
- Only a few accessible facilities for PWD.
- Staff and students had a positive attitude towards PWD



Some Barriers for me

But some of my friends understand me!



Year 2007

- I am a member of "friends of disabled people club", Chiangmai University which run several projects about Persons with Disabilities

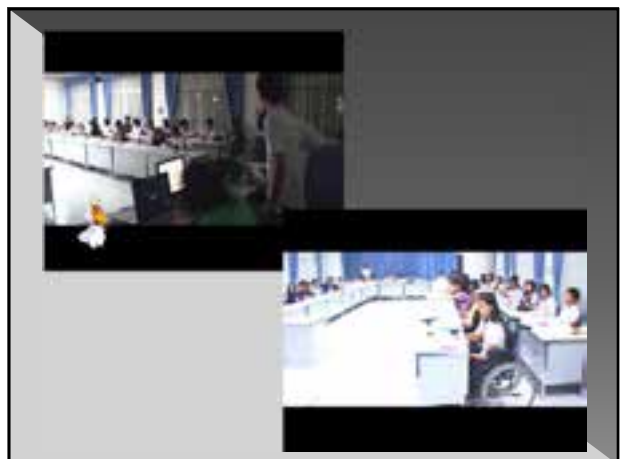
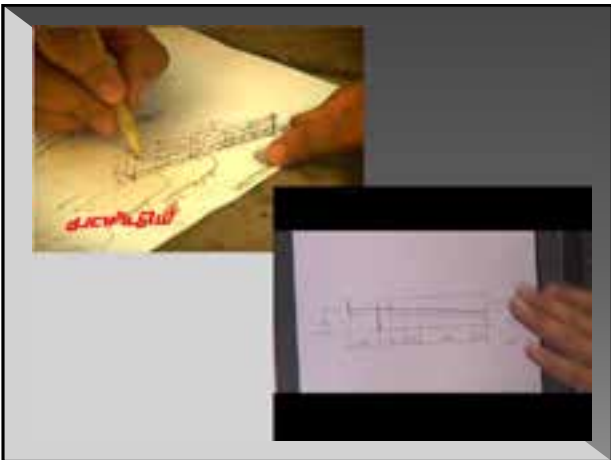
University Camp for PWDs



building basic facility for Person with Disabilities such as a ramp.

Local TV Program Production







Achievements



Taskforce member for University Camp for Junior students with disabilities



At the present....

- ◉ I graduate Bachelor degree I came back to my home town and I design to work and support IL center in my home town.

Thank you to APCD from me for being a part of the Leadership & Empowerment Program for Thai PWDS.....



Discussion on Teaching and Facilitation skill

P HOTOS



>Welcome by Mr. Akiie Ninomiya, APCD Executive Director



Explanation on Facilitation Techniques



What is difference in teaching and facilitation



English training for development of "My Life History"



BTS accessible check



Throw ball activity to generate Twin tack approach metaphor



LEP Wrap-Up Training culmination activities



LEP 2013 Facebook



Ice breaking activity for introductions and expectations



Leadership & Empowerment Program

โครงการฝึกอบรมด้านภาวะผู้นำและการเสริมสร้างศักยภาพ

2013

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สำหรับผู้นำคนพิการรุ่นใหม่ในประเทศไทย

Accessible for Persons with disAbilities

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