



RUSSELL
Russell Lehmann

www.RussL.co

 [RussL.co](https://www.instagram.com/RussL.co)

INTRODUCTION

Who is Russell?

31-year-old Thought Leader,
Speaker, Poet, Advocate

RUSSELL
Russell Lehmann

The Mission

Using hindsight and insight to generate foresight for others.

- 2022 Advocate of the Year - *Autism Society of America*
- 2019 "Leadership in the Digital Age" Graduate - *MIT Sloan School of Management*
- 2018 Reno-Tahoe's "Most Outstanding Young Professional"
- Consultant, US Department of Justice
- Contributor, Psychology Today
- Archived in the Library of Congress

Boards/Councils

- The Arc of the United States
- Autism Society of America
- NEXT for Autism
- LRIDD: Legal Reform for the Intellectually and Developmentally Disabled

Inclusion:

What is it, and how do we attain it?



INCLUSION

noun

1. the practice or policy of including and integrating all people and groups in activities, organizations, political processes, etc., especially those who are disadvantaged, have suffered discrimination, or are living with disabilities.

Remember

Not just "in" the community, but "of" the community!

Passion & Purpose
To Suffer and Endure

Then



Now



Spoken Word
Poem

Dear Russell



Age 7

- Began experiencing vicious meltdowns, panic attacks, depression and severe phobias
- Developed a severe speech impediment due to sucking my thumb every hour of every day

Age 9

- Continued to experience meltdowns, panic attacks, and severe phobias
- Obsessive-Compulsive Disorder (OCD) began to consume my livelihood, along with disturbing intrusive thoughts

Age 12

- Hospitalized for 5 weeks due to severe depression, anxiety and OCD
- Ordered to attend public school without receiving any support or accommodations from the school district

Age 12

This Is What Autism Looks Like for Me

**Spent the school day sleeping in the principal's office,
being bullied whenever I would come into contact
with others.**

**In 2003, at the age of 12, was finally diagnosed with
autism at the University of Washington's Autism Center.**



Spoken Word
Poem

What Does It Feel Like
to Not Be Heard?





***I am not acting like this because I
want to.***

I am acting like this because...

This Is the Human Behind the Behavior



This Is the Innocence Behind the Behavior



This Is the Difficult Childhood Behind the Behavior



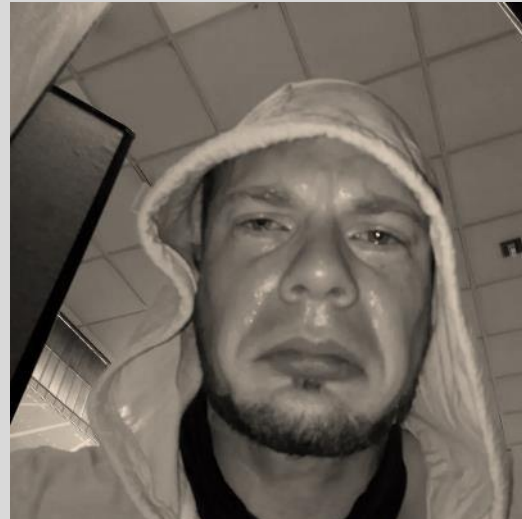
This Is the Man Behind the Behavior



This Is the Family Behind the Behavior



This Is the Behavior



This Is Also the Behavior



Remember!

Humans tend to take behavior at face value, unconsciously defining an individual based on the behavior they are exhibiting before us, for better or for worse.



Compassion is a verb.

—Thich Nhat Hanh

Etymology

From the Latin *compati*, from *com-* (“together”) + *pati* (“to suffer”)

Compassion = “To suffer with”

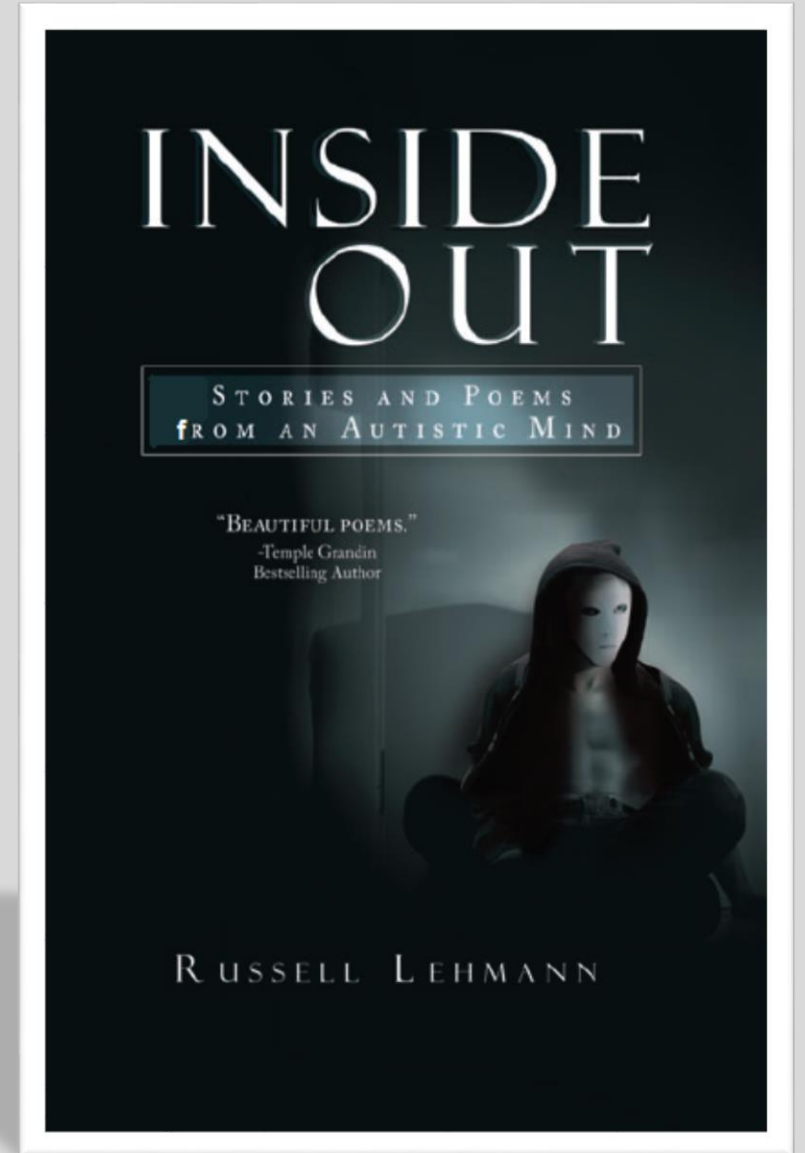
Baby Steps to Big Dreams



**2011
(Age 20)**

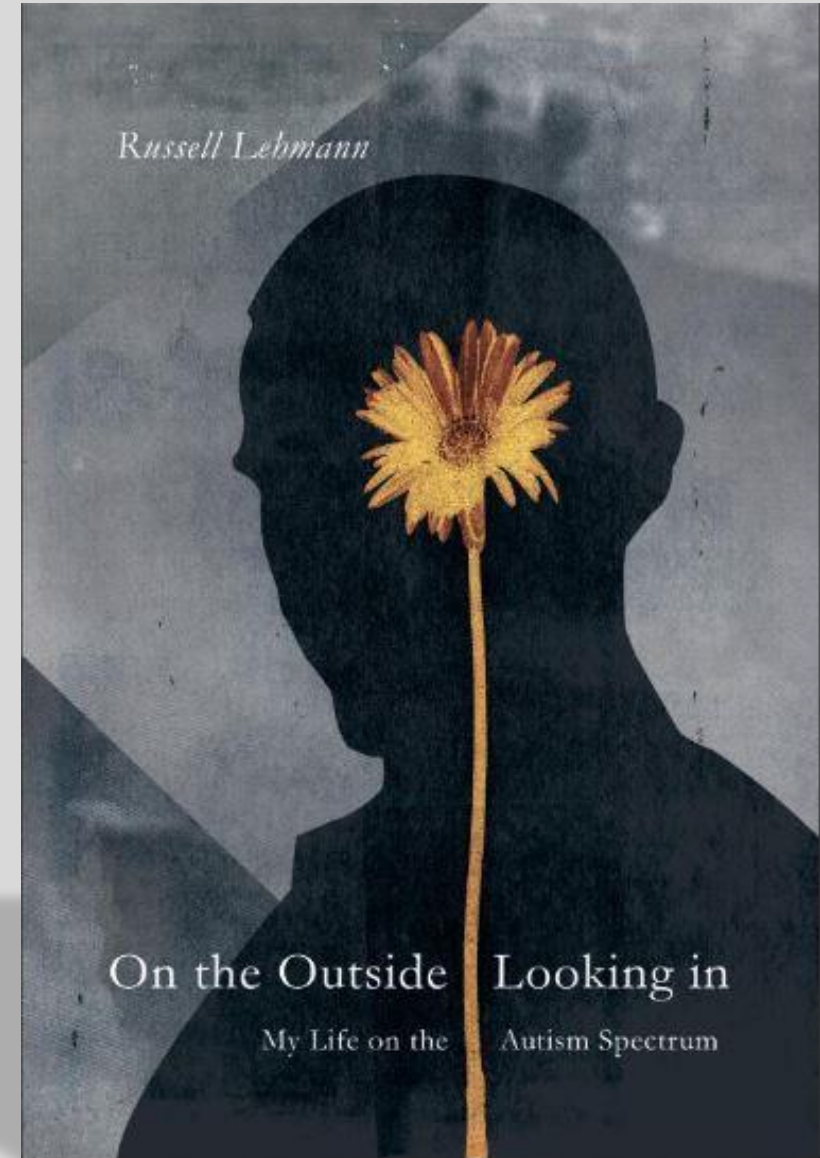
- Honorable Mention at the 2012 NY Book Festival
- Featured in LA Times
- Won literary award in Vancouver, Canada in 2013

Follow Your
Passions and



On the Outside Looking in

- Expansion of First Book
- 450 pages of utterly transparent view into world of autism and mental health
 - Over 80 powerful and emotional poems
 - Shared are lessons learned and insights gained
- PG-13



What Is Autism?

The word "autism" is composed of two parts, "aut" and "ism."

The prefix of the word is "aut," which comes from the Greek word "autós," meaning "self." The suffix "ism," also from Greek, implies a state of being or condition.

"State of self"



Epictetus

Stoic Philosopher
50-135 AD

“

Sickness is a hindrance to the body, but not to your ability to choose, unless that is your choice. Lameness is a hindrance to the leg, but not to your ability to choose. Say this to yourself with regard to everything that happens, then you will see such obstacles as hindrances to something else, but not to yourself.

”

Polarities

To live our most fulfilling and efficient lives, we must focus less on polarities and more on the common purpose/condition they share.

Success and Failure

Trying

Visible and Invisible

Looking

Hot and Cold

Temperature

TURNING

WEAKNESS INTO → STRENGTH

Trait/Characteristic: Sensitivity/Fragility



“Weakness”:

High Risk of Being Hurt, Hesitant to Form Personal Relationships, Overwhelmed/Overstimulated


“Strength”:

Empathetic, High EQ, Can Initiate Vulnerable Dialogue and Foster a Trusting Bond, Relatable





Follow your
PASSIONS and
SUCCESS will follow
you...



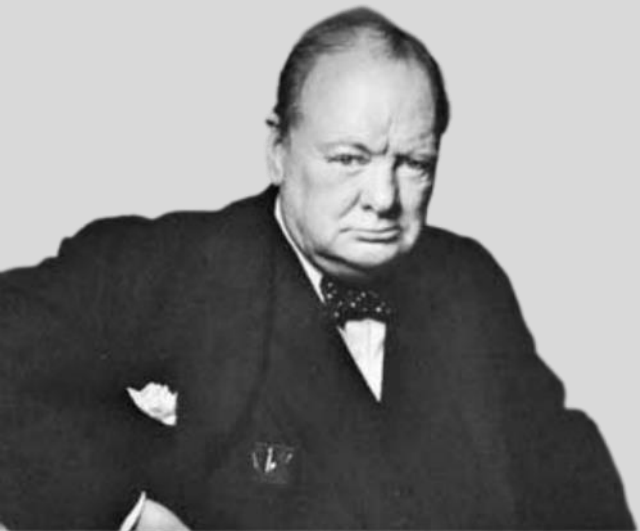
Where the
magic happens

Your
comfort
zone



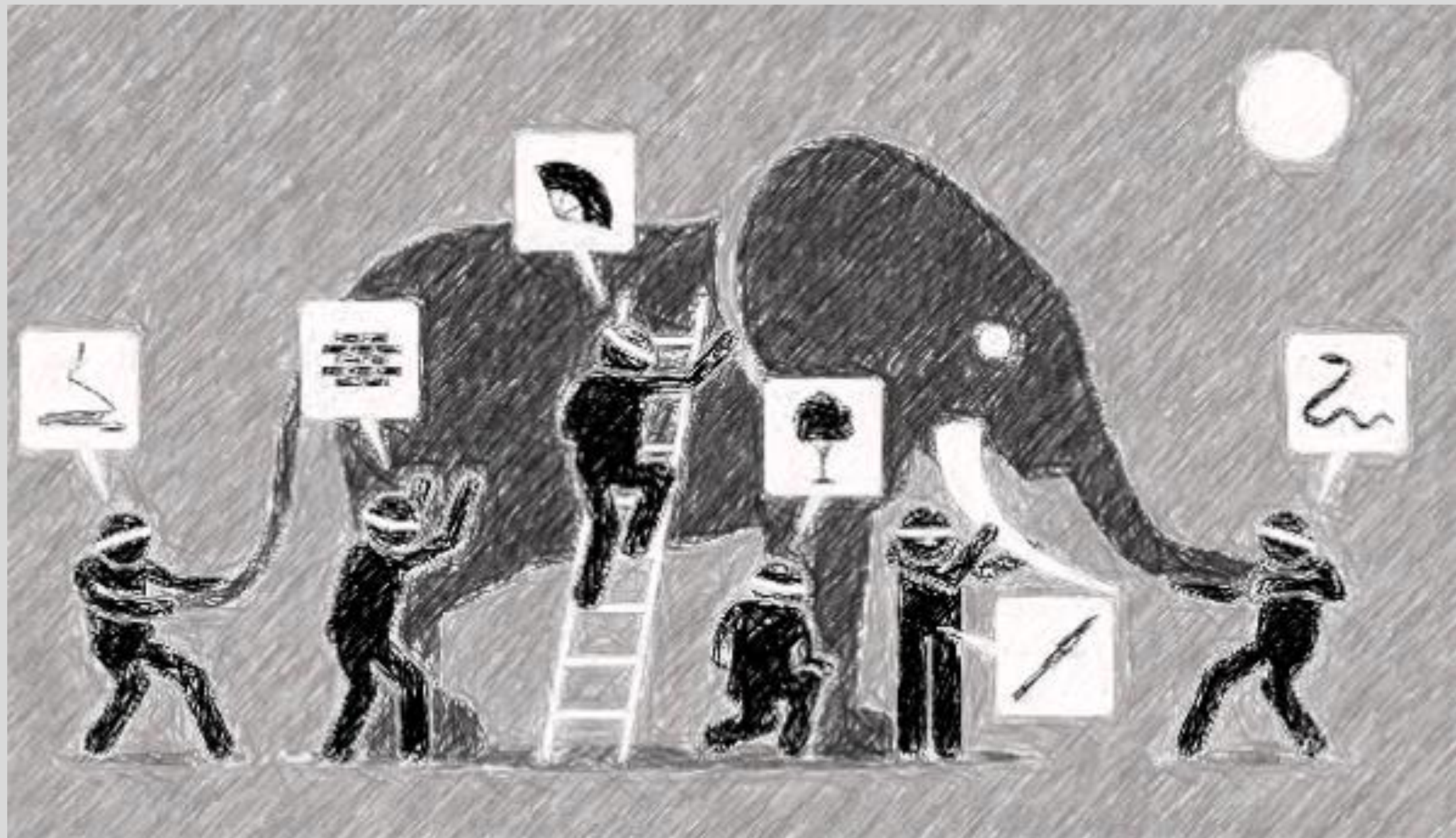
“

Success is not final, failure is not fatal:
it is the courage to continue that counts.



—Winston Churchill







PERSEVERANCE

noun

1. steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement



*The Myth of
Sisyphus*

“

“You yourself, as much as anyone in the entire universe, deserve your love and affection.”



—Buddha



I may have a disability, but I *refuse* to
let my disability have me!

“When Ignorance Becomes Awareness”



Keynotes, trainings, and workshops

*Let's change the world...
together!*

Contact me at:
www.RussL.co

