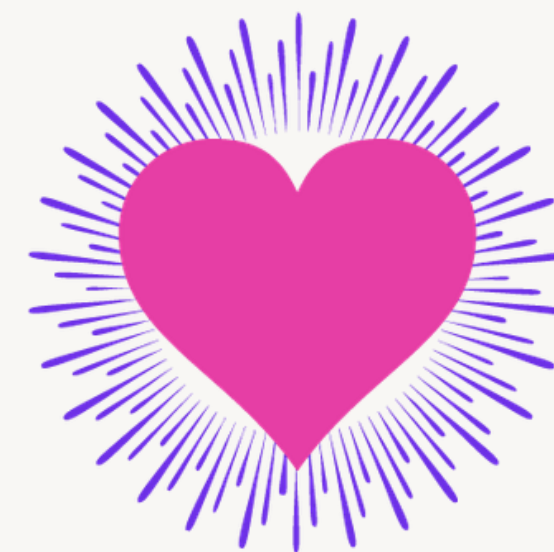




NICOLE FOR LOVE

DSCBA

Empowering Every Stage Conference

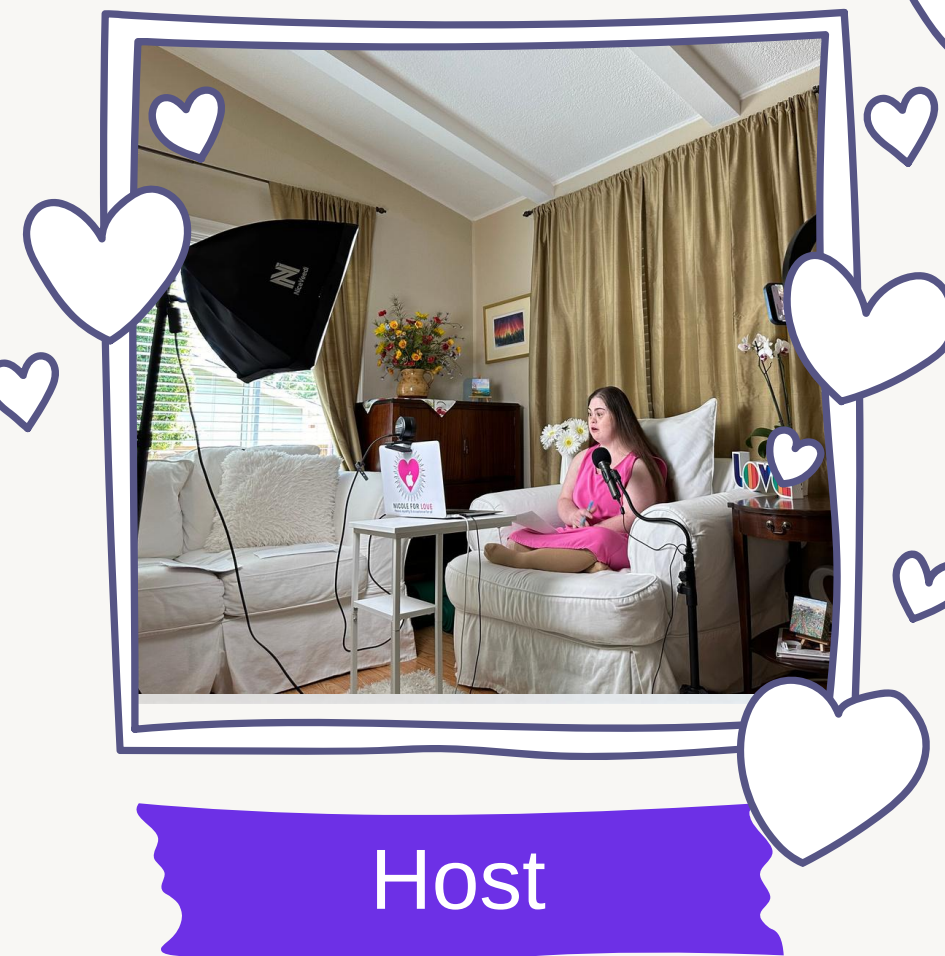
September 12, 2026

**Conversations for a Kinder World:
How Your Voice Can Inspire Change**



GET TO KNOW ME BETTER

Living My Dream





MY LIFE, MY WAY

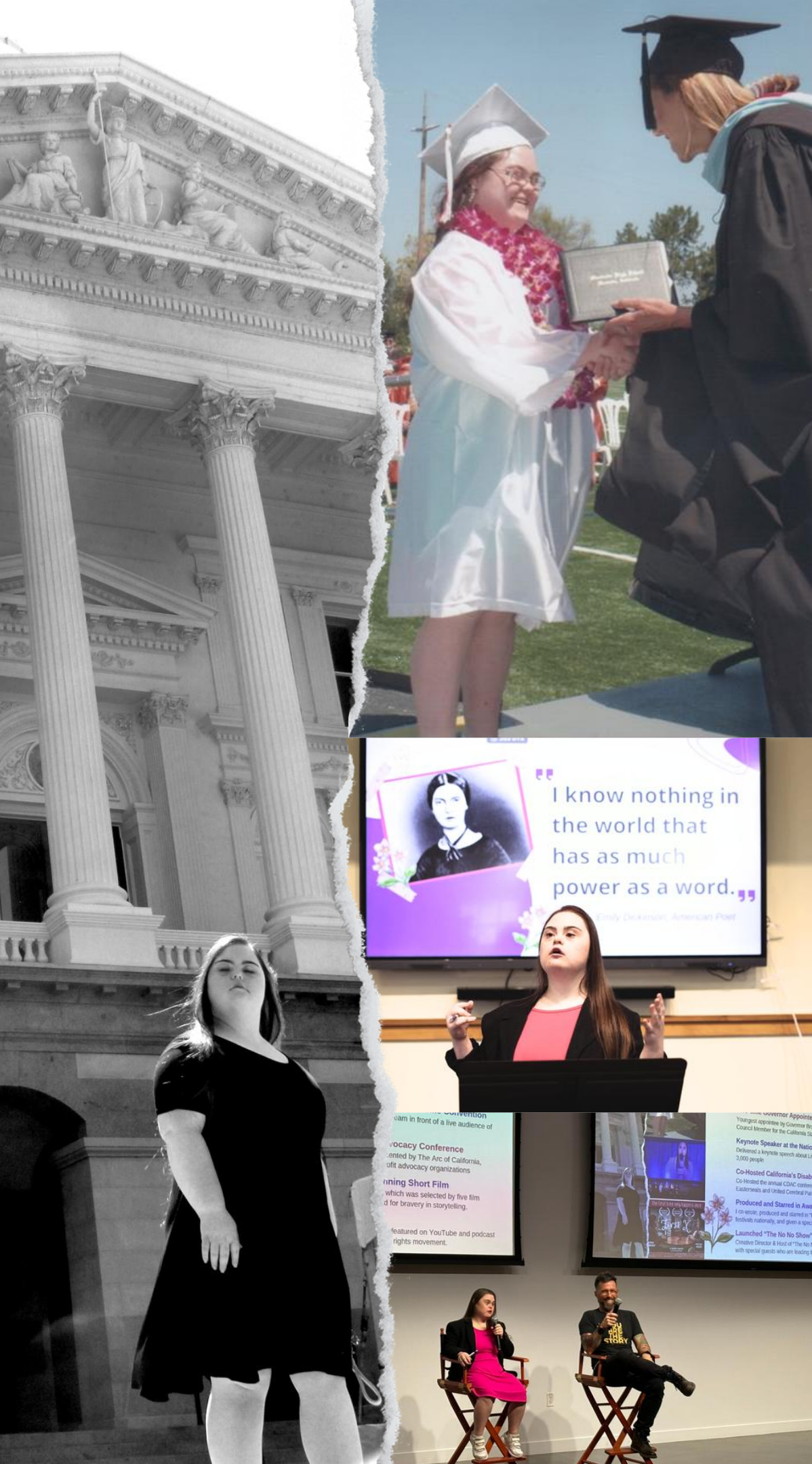
Love, equality and acceptance for all



Nicole Adl

LOVE HAS





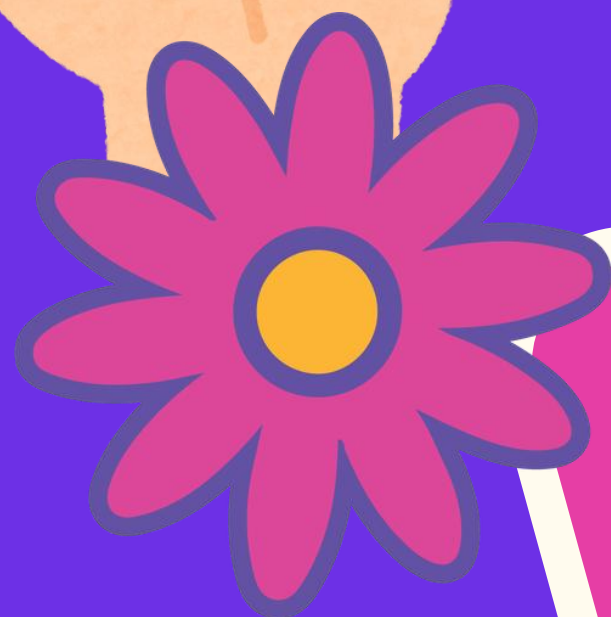
WHAT DISABILITY EMPOWERMENT MEANS

- 1 in 4 adults in the U.S. has a disability
- Disability is part of the human diversity
- Celebrating differences
- Embracing your identity ~ loving yourself
- Being at the table ~ using your voice

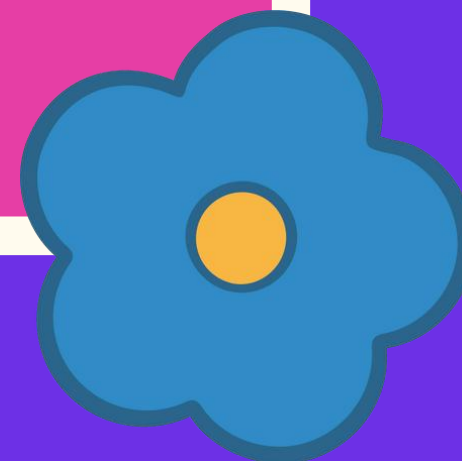
**RAISE
HAND**



What does
DISABILITY EMPOWERMENT
mean to you?



**SHARE
TIME**



HOW SUPPORTED DECISION-MAKING EMPOWERS PEOPLE WITH DISABILITIES

- You stay in control of decisions about **YOUR LIFE.**
- You choose people you trust to help you **UNDERSTAND YOUR OPTIONS.**
- Your Circle of Support can offer advice and guidance, but **YOUR VOICE COMES FIRST.**
- It can build confidence, independence and **SELF-ADVOCACY.**



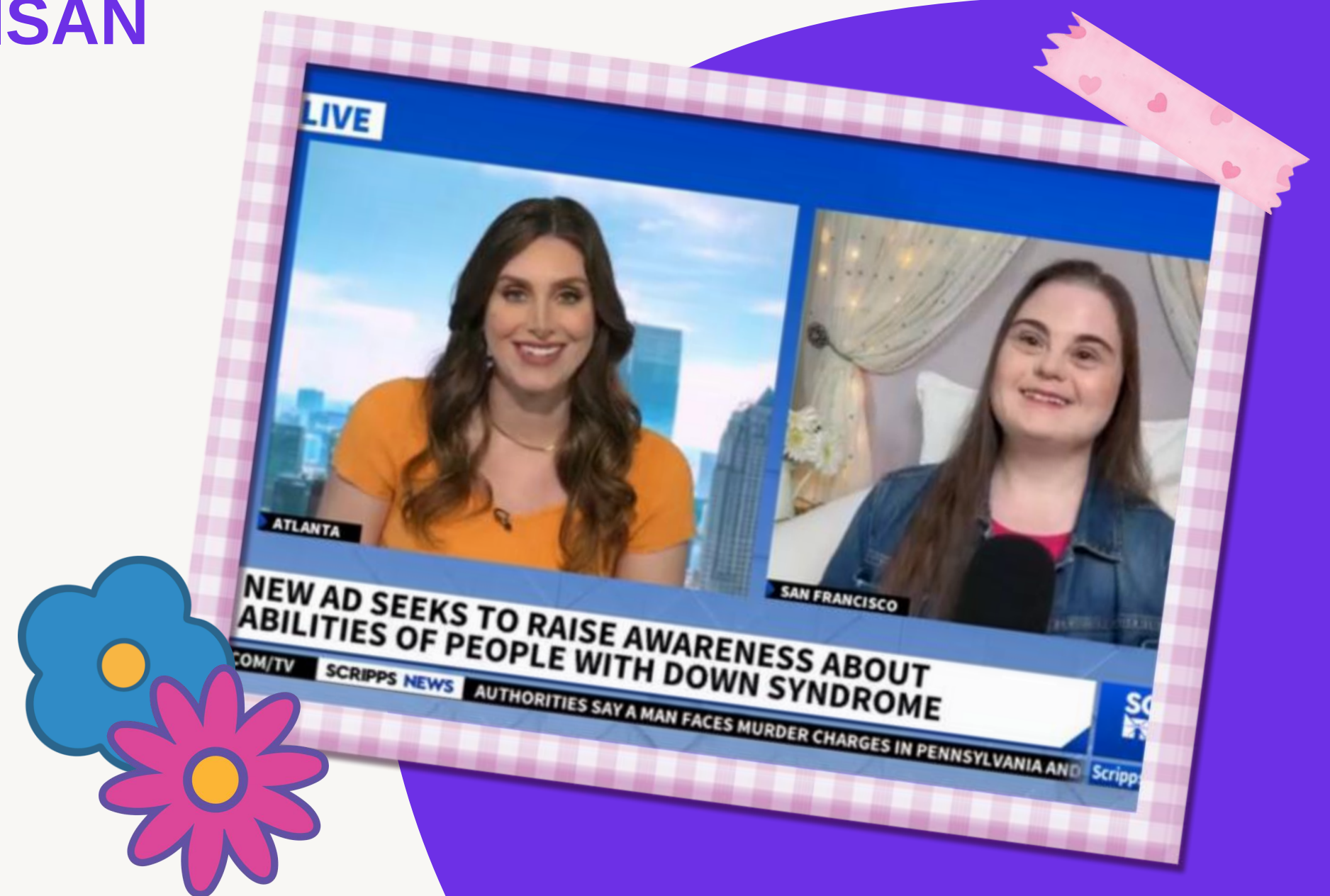


My vision is a world where everyone can express their identity freely.

- Recognizing the shared challenges of the LGBTQ+ and disabilities communities
- Partner with organizations to develop inclusive practices
- Promote comprehensive education in schools and strong support systems for youth
- Emphasize the importance of legislative advocacy in achieving systemic change.

STRATEGIC PARTNERSHIPS THAT DRIVE CHANGE AND INSPIRE ACTION

- Disability rights movement is **BIPARTISAN**
- Make important **CONNECTIONS**
- Join a **MOVEMENT**
- Change Starts with Education: **THE RAINBOW GUIDEBOOK**





USING YOUR VOICE TO ADVOCATE FOR CHANGE

- Every person's journey is unique
- There is no age limit for starting your advocacy journey
- Change can happen in the home, workplace, neighborhood or community
- Look for people to be a friend or mentor



With Assembly Member Dr. Joaquin Arambula at DisCo at the Capitol



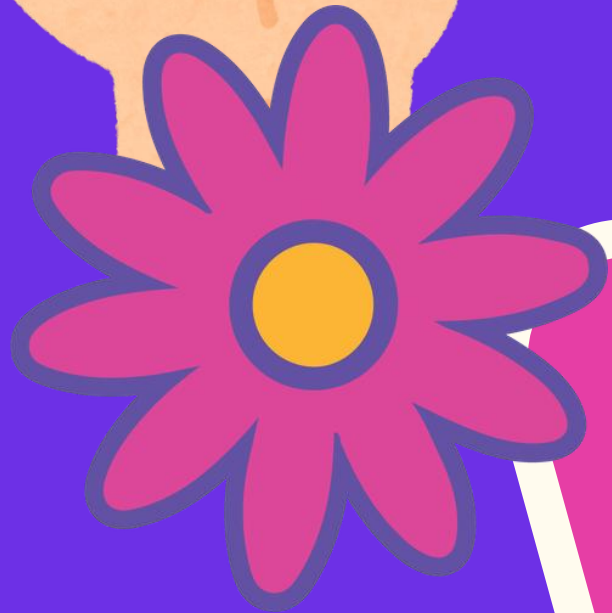
MAKE AN IMPACT IN YOUR COMMUNITY

- Develop and share your **LIVED-EXPERIENCE NARRATIVE** as a leader
- Build **RELATIONSHIPS** with decision-makers
- **JOIN** coalitions, alliances, boards or advisory committees
- Attend conferences, trainings or webinars to **NETWORK**
- Learn how decisions get made — and **GET INVOLVED**

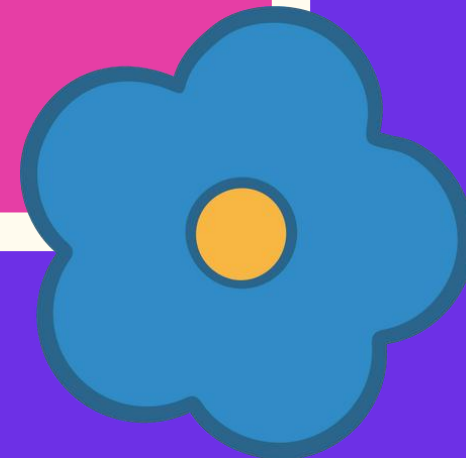
**RAISE
HAND**



Have you shared
your story with an
ELECTED OFFICIAL?



**SHARE
TIME**



No No Show Interview with Former
Congresswoman Jackie Speier



ANYONE CAN BE A DISABILITY RIGHTS ALLY!

- Join a **MOVEMENT** or **CAMPAIGN**
- Use the power of **SOCIAL MEDIA**
- **ONE PERSON** can make a difference



“

For we are leaders of
inclusiveness and a
community of love,
equity and justice.

”

~ Judith Huemann,
Disability Rights Pioneer.

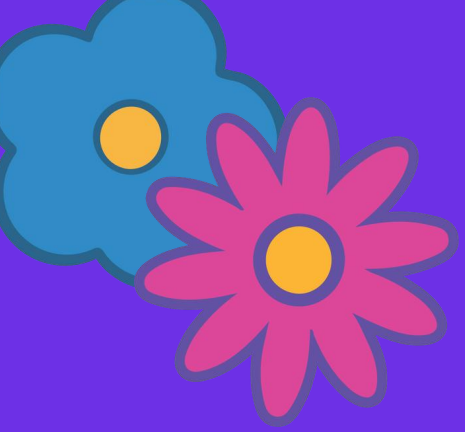




WITH LOVE AS HER COMPASS

*Born with a Mission.
Raised with Love.
Led by Purpose.*





LOOKING TO THE FUTURE

- Use advocacy to **CHANGE PERCEPTIONS**
- Children's book to **RAISE AWARENESS**
- Share my story to prompt **LEGISLATIVE ACTION**
- Join forces to make a **CULTURAL SHIFT**





BE BRAVE AND TELL YOUR STORY!

- Remember, **YOU ARE NOT ALONE**
- Your voice **MATTERS**
- Be authentic when **SHARING YOUR EXPERIENCE**
- Your advocacy journey is **UNIQUE**
- Be effective without **COMPROMISING WHO YOU ARE**





Thank you
AND
Q&A Time





JOIN ME

Let's start a **LOVE REVOLUTION!** Follow me on social media and let's work together on inspiring the change we want to see in the world.



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Based in the San Francisco Bay Area

