



SCAN



Russell Lehmann ✓ (He/Him)

I shift perspectives and provoke deep thoughts | Autism, Mental Health, Disabilities

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Speaking Inquiries ↗



russl.co ✓



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Russell Lehmann he/him/his
Motivational speaker
Speaker/Poet/Activist

#Autism #MentalHealth #Disabilities 📍 LA

INTRODUCTION

Who is Russell?

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



The Mission

Using hindsight and insight to generate foresight for others.

- Co-Facilitator of UCLA's Neurodiversity Course
- 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

Passion & Purpose

To Suffer and Endure

Then



Now



Spoken Word
Poem

Dear Russell.



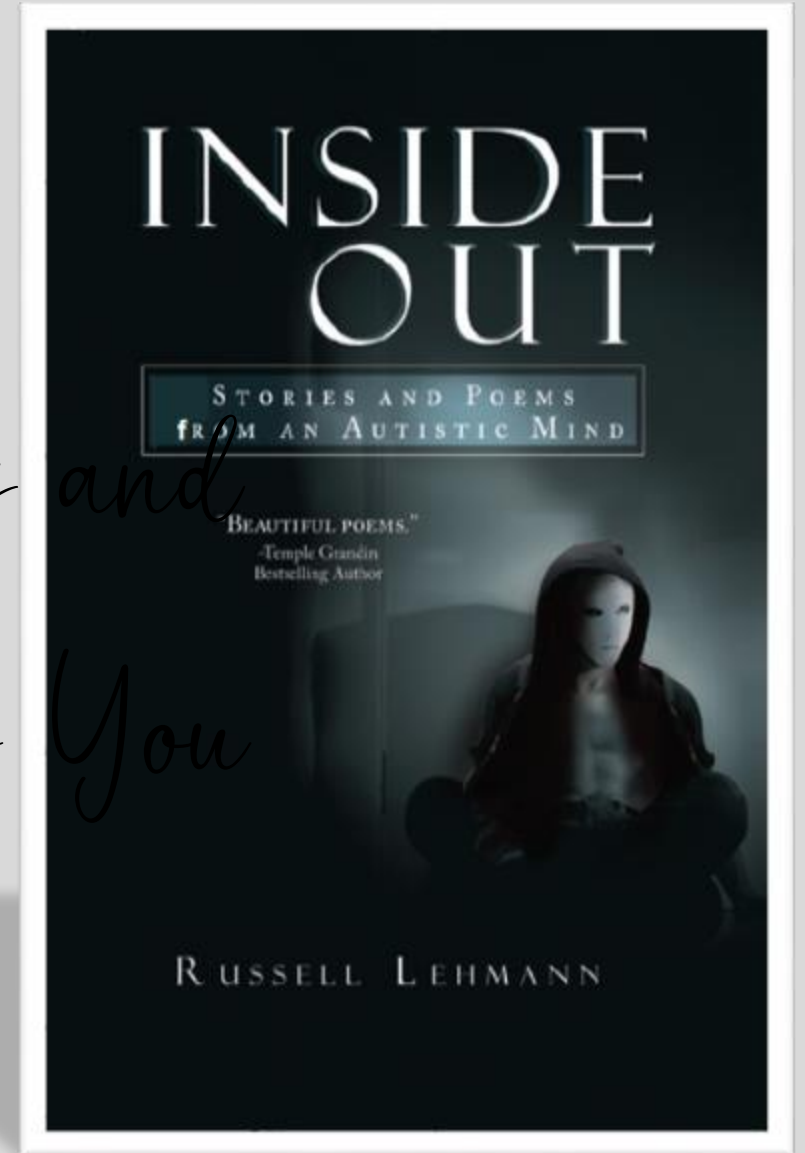
**2011
(Age 20)**

•Honorable Mention at the 2012 NY Book Festival

•Featured in LA Times

•Won literary award in Vancouver, Canada in 2013

*Follow Your Passions and
Success Will Follow You*



Self-Expression

The expression of one's own personality; assertion of one's individual traits, feelings, thoughts, or ideas, especially in writing, art, music, or dance.

*"Non exprimis, inquit aliquis, Ciceronem.
Quid tum? Non enim sum Cicero! Me
tamen (ut opinor) exprimo"*



Someone says to me, "You don't express Cicero." So what? I'm not Cicero! All the same, as I see it, I express myself.

~ Angelo Poliziano
15th Century Italian poet



You are always free to choose how you express yourself!

Authenticity, Autonomy and Agency:

- Sartre's concept of "bad faith"
- Carl Rogers' "congruence" refers to the consistency between a person's internal experience and external behavior
 - Kant: autonomy involves acting according to rational principles that one has set for oneself, rather than following external commands
- Albert Bandura's concept of self-efficacy

Erodes Stigma:

Self-expression of the lived experience
deconstructs social stigmas

Emotional Release and Transmutation:

- Aristotle's catharsis
- Jung: expression integrates unconscious elements of the psyche

Existential Purpose:

Nietzsche: Self-expression is to
"create oneself"

Self-Reflection and Self-Awareness:

Self-knowledge is the highest form of
wisdom.

Self-Expression + Self-Acceptance

Self-Empowerment

Unique Forms of Self-Expression

Listening to Music

Reading by Proxy

Gardening

Cooking

Tattoos

Fashion

Sculpting

Sports



When you're a fish out of water, you can teach the whole world to swim.



- Russell Lehmann
The Guy Speaking Right Now (i.e. me)



Do not follow where the path may lead, go instead
where there is no path and make a trail.

~ Ralph Waldo Emerson



Important

Advocacy, Self-Advocacy, and Activism:

The fire within to stand up for what's right, a drive to implement systemic change, the desire to see us progress as a society.

Advocacy: Exercising our civil liberty to fulfill our societal and moral obligations to support others. It involves supporting or promoting a particular cause, issue, or group through various means such as education, lobbying, or raising awareness without necessarily engaging in direct action.

Self-Advocacy: An important term in the disability rights movement. It encompasses self-determination and the natural liberty to speak up for oneself.

Activism: Involves direct and often confrontational actions aimed at bringing about social or political change, often through protests, demonstrations, or campaigns.

Passion: Addictive and contagious.

Storytelling: Main argument is concealed in memorable anecdotes your audience won't forget; appeal to emotions.

First-Person Narratives/Perspectives: Personalize your points; humanize disability.

Call to action: What needs to be done?

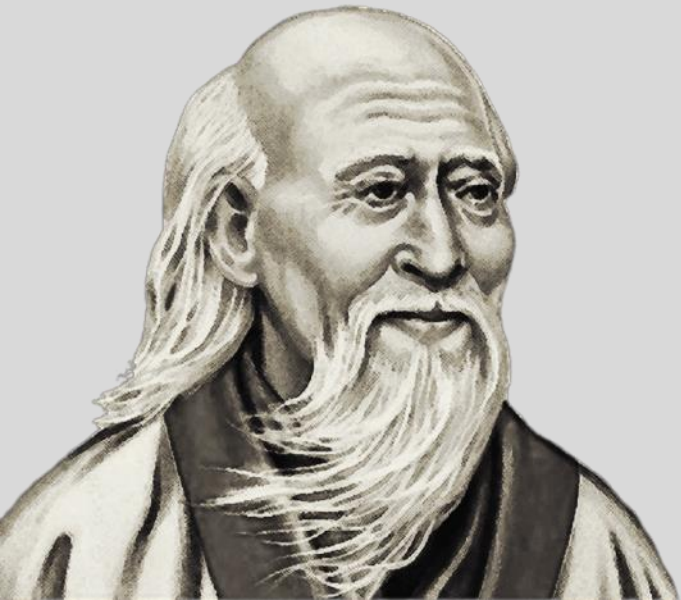
Be like water: Speak up, no matter how soft or weak you think your voice may be.

“

In the world, there is nothing as weak and submissive as water. Yet for attacking that which is hard and strong, nothing can surpass it.

~

Lao Tzu





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.

”



PERSEVERANCE

noun

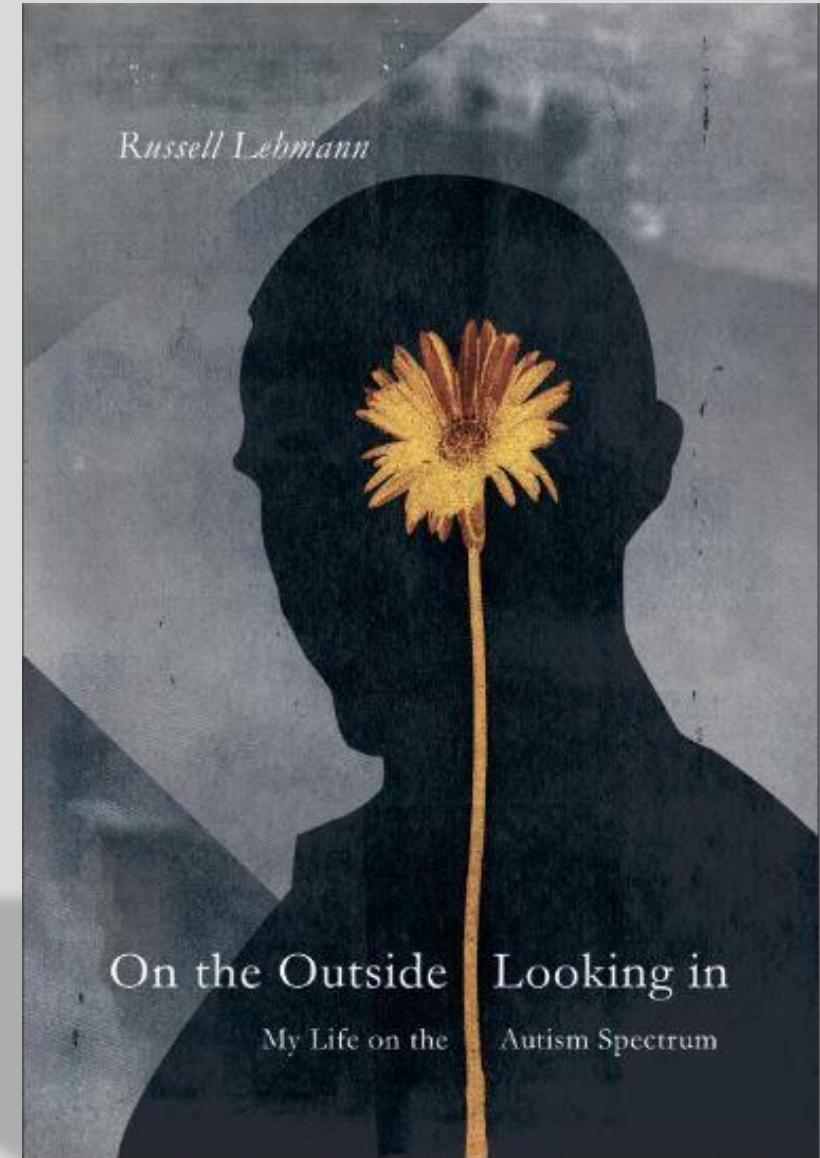
1. steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement



The Myth of Sisyphus
By Albert Camus

On the Outside Looking in

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



Keynotes, Trainings, and Workshops

- *Fish Out of Water: Examining the Root Causes Behind Social Inequities™*
- *Bridging Gaps: The Intersection of I/DD and Mental Health Care™*
- *Charting the Path to What Is Possible™*
- *The Power of Human Connection™*
- *Inclusion: Not Just “in” the Community, but “of” the Community!™*
- *Keys To a Fulfilling L.I.F.E.™*
- *The 5 Pillars of Perseverance™*
- *Stigma: Educate to Eradicate -or- Embrace to Erase™*
- *From Vulnerability to Invincibility™*
- *The “Dark Side” of Autism: 4 Things Society Doesn’t Talk About (But I Will)™*
- *Bringing Visibility to Invisible Disabilities™*
- *The 4 P’s: How to Overcome Any Obstacle™*
- *Triumph: Overcoming the Odds™*
- *Finding Success Through Struggle™*
- *Is Autism a Disability or Superpower?™*

*Let’s change the world...
together!*



*Contact me at:
www.RussL.co*