

# Laura

## Who are you?

I am Laura. I am a female from the North East. I have dark green eyes and my pronouns are she/her. I am 19 years old.

## Which of the 4 A's are you exploring?

I have been looking at being an Activity Leader.

## Who is your TIN Buddy?

My Buddy is Tess. I chose Tess because I have a close relationship with her and she understands me.



## What have you done so far with your TIN Buddy?

I have done presentations on the 4 A's and explained what they are. We have done an evaluation with EYD to find out how they found the sessions. I stood at the front of the EYD class and helped lead the yoga and ballet exercises.

## Why is being a Community Champion important to you?

It is important to me because I want to show people that having a disability is OK and everyone can be a Community Champion but you have to have an interest and love to work hard.

## What would you like to do in the future as a Community Champion?

I want to lead some classes, make my own dance group and create a solo to take on tour so I can show people that anyone can do anything.