

Russell Lehmann

Speaker, Poet, Advocate



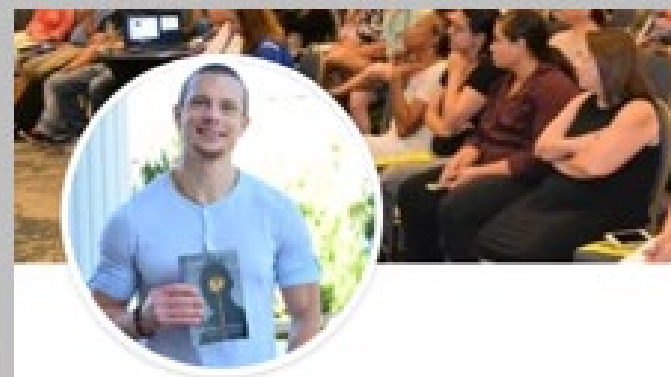
www.TheAutisticPoet.com



autism_advocate_



Russell Lehmann



Russell Lehmann

Autism/Mental Health Speaker & Poet



Dear Russell,

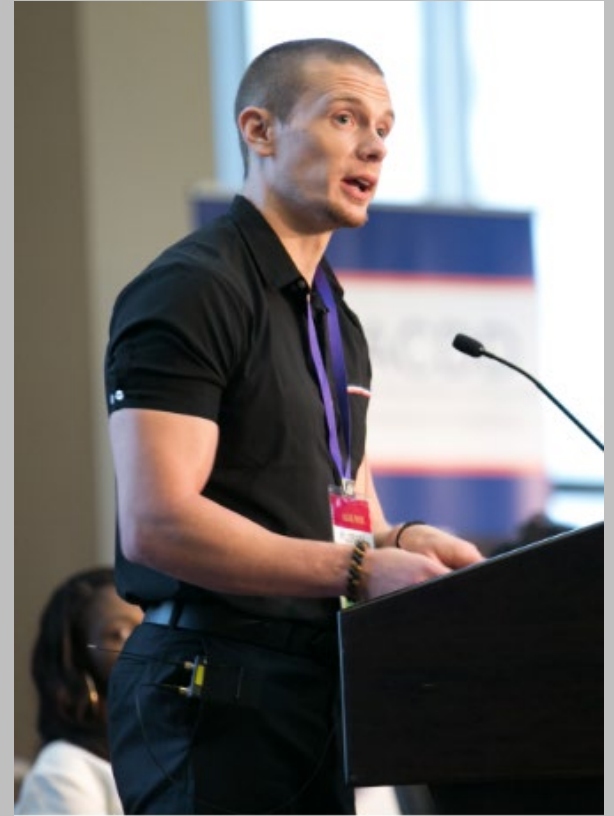
Introduction:

Who is Russell Lehmann?

- **30 years-old**
- **2019 “Leadership in the Digital Age” Graduate - *MIT Sloan School of Management***
- **2018 Reno-Tahoe “Most Outstanding Young Professional”**
- **Archived in the Library of Congress**
- **National Board of Directors, The Arc**
- **Council Member, Autism Society of America**
- **Youth Ambassador for the mayor of Reno, Nevada**
- **Former Member, Nevada Governor’s Council on Developmental Disabilities**
- **Former Member, Nevada Commission on Autism Spectrum Disorders**



Then



Now

Compassion
is a verb.

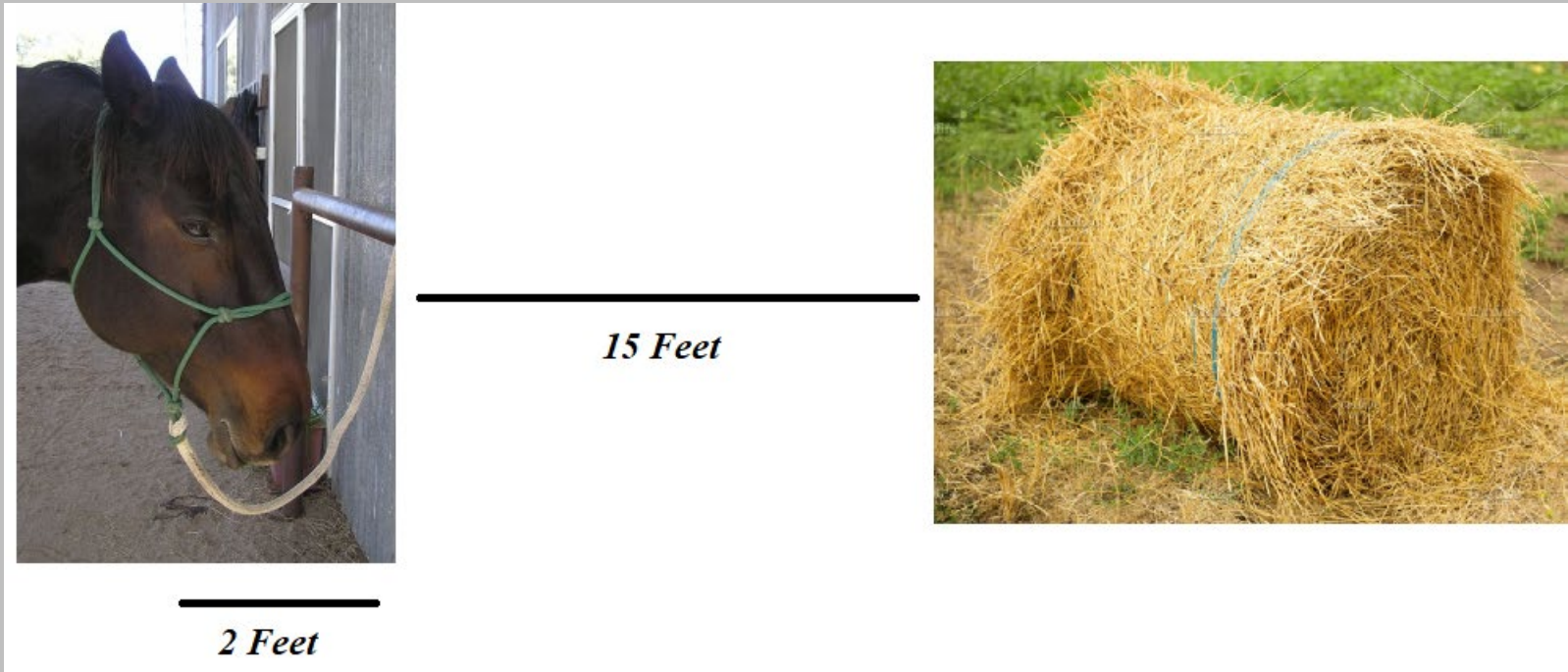
~Thich Nhat Hanh



What Do You See?



What Do
You Not
See?



A horse is tied to a 2 ft. rope and there is a bail of hay 15 ft. away from him.

Yet the horse is able to eat from the bail of hay.

How?



©Russell Lehmann

www.TheAutisticPoet.com

Supporting Individuals with Invisible Disabilities

- Gauge their body language.
- Regular check-ins such as “How are you doing?” or “Anything you need?”
- Do not take a behavior at face value, it is a by-product of an emotion.
 - Take every opportunity to enter *their* world.
 - Be kind. The simplest actions often mean the most.

Initiating Vulnerable and Sensitive Dialogue

- Ask easy “yes” or “no” questions to start.
- Share a vulnerability of yours to foster a connection and gain some trust.
 - Do not take action, simply listen.
- Prove your genuine interest by repeating important details mentioned when speaking.
- Reduction focused inquiries, balance this with examples of your own.

Subjective vs. Objective

“We don’t see things as they are, we see them as we are.”

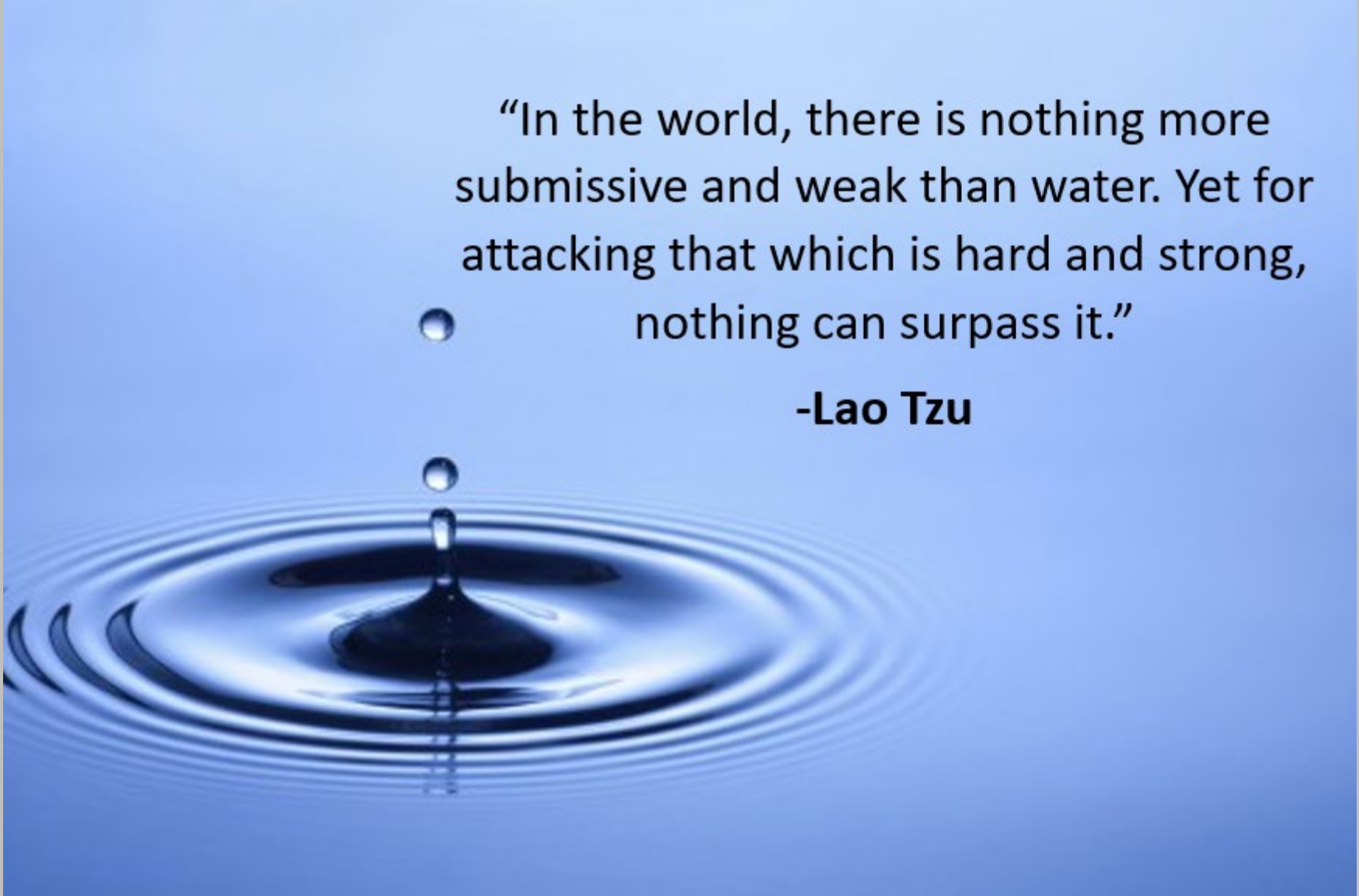
- Anais Nin

“How can I help?”



©Russell Lehmann

www.TheAutisticPoet.com

A high-speed photograph of a single water droplet falling into a pool of water. The droplet is captured mid-fall, just above the surface, creating a series of concentric ripples that spread outwards. The background is a solid, light blue color.

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

-Lao Tzu



On the Outside Looking In: My Life on the Autism Spectrum

by Russell Lehmann

★★★★★ 8

Paperback

\$35⁰⁰

- 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

Keynotes, trainings and workshops

Book an event, reach out, ask questions.

Let's change the world...together!



Please contact me at

www.TheAutisticPoet.com