

My openness statement

Task 1

Choose a few words that describe:

Your disability / condition

(Please see further below for examples of openness statements)

The implications.

Your requirements in the workplace.

Task 2

Turn the above into a short, succinct, openness statement:

Task 3

Practice delivering your openness statement.

Examples of openness statements

Wheelchair user

Condition: I am a wheelchair user.

Implication: Unable to walk and use a wheelchair at all times.

Requirements: Require access, a toilet and a parking space.

Anxiety Disorder

Condition: I have an anxiety disorder.

Implication: Very nervous and anxious particularly in new situations.

Requirements: Useful for me to have an orientation visit prior to my interview, a schedule of the day's events and for people to be aware that I may be more anxious than others.

Dyslexia / Dyspraxia

Condition: I have dyslexia and dyspraxia.

Implication: I have weak short-term memory and I am unable to write comprehensive notes while I am listening.

Requirements: To have handouts in advance and be able to record conversations. I will also require additional time.