

# SELECTION

To be considered for selection to this program, you must meet the following requirements:

- ☞ Diagnosed with hemophilia A or B (all severities)
- ☞ Between the ages of 18 to 24
- ☞ Able to self-infuse your factor concentrate and access to factor throughout the program (*no factor or infusion assistance can be provided during the program*)
- ☞ Proficient in written and spoken English
- ☞ Able to attend all program sessions
- ☞ Able to travel unaccompanied and with appropriate visa and/or passport
- ☞ Able to fulfill all aspects of the program's application process



In the event that the number of qualified applicants exceeds available space in the program, selection decisions will be made at the discretion of the University of Texas *Step Up Reach Out* program committee.



Step Up  
Reach Out

Are you a young person with hemophilia who wants to make a positive difference in your community while building your professional and social skills? *Step Up Reach Out*, a new, international youth leadership program, is a unique resource that can help you reach that goal.

*Step Up Reach Out* will draw together young men from around the world for learning, personal growth and collaboration. This program consists of two conference sessions focused on leadership training, activities, and individual and group projects. The program will help participants build self-esteem, develop concrete thinking abilities and make decisions that reflect true leadership qualities. Attending *Step Up Reach Out* will help you and your peers from other countries gain insight into the structure of the global hemophilia community and how you can emerge as its future leaders.



You have hemophilia. You know the challenges you and your family face and the

kind of future you want to see. Who speaks for you and the thousands of others like you in the world? Who steps forward and advocates for your community? The answer: Strong, skilled leaders who for many years have made sure that companies, governments and health care providers understand and respond to the needs of people with hemophilia.

*Step Up Reach Out* was created to prepare young men like you to be the next generation of leaders that helps ensure your community's quality of life. If you are selected, we'll give you the skills, teach you the strategies, coach you on how to take the lead when things need to get done. We'll cover the science and technology, the politics and finances that influence your world. Our international format ensures that you'll learn even more by working alongside young men from other countries. *Step Up Reach Out* was designed by experts at the University of Texas Health Science Center, Gulf States Hemophilia and Thrombophilia Center (UTHS) to nurture a new generation of leaders for the hemophilia community. The program is administered by the Lone Star Chapter of the National Hemophilia Foundation.



- ⌘ Coaching in communication and presentation skills
- ⌘ Organizational tools you'll need to get your community energized
- ⌘ Training on how to be an advocate with governments and public agencies, medical professionals and companies
- ⌘ Knowledge about dynamics within the global hemophilia community
- ⌘ Group activities and individual projects so you can gain hands-on experience
- ⌘ A forum for connecting with young men from other countries who are affected with hemophilia



### Part I: Building the Foundation of Leadership

Date: September 18-21, 2009  
including two travel days

Location: San Francisco, California

#### Potential Topics:

- ⌘ Team building skills
- ⌘ Self-esteem activities
- ⌘ Hemophilia 101
- ⌘ History of hemophilia
- ⌘ Understanding the components of the hemophilia community
- ⌘ Communication skills

### Part II Developing a Plan of Action

Date: March 19-22, 2010  
including two travel days

Location: Barcelona, Spain

#### Potential Topics:

Development of key leadership skills

- ⌘ Defining strategies and objectives
- ⌘ Making it happen
  - developing an effective action plan
- ⌘ Public speaking and presentation techniques

Collaborating to identify key issues

- ⌘ “Ask an Expert” discussion on topics relevant to you and other young men with hemophilia

Individual project

- ⌘ Deliverable at the end of the conference, a project that generates action in your community

There is no cost to participants or their families for *Step Up Reach Out* travel, accommodation or program expenses, other than passport and/or visa

#### Interim Project

During the time between the two *Step Up Reach Out* conference sessions, participants will focus on an interim project to practice skills and encourage collaboration. You and your colleagues in the program will select a relevant topic that will be developed into a project or presentation for your local community.

In the second session, participants will have the opportunity to further build their proficiency by discussing their success in implementing the interim project within their own countries and communities.