



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.

# SELECTION

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

- 33 Diagnosed with hemophilia A or B (all severities)
- 33 Between the ages of 18 to 24
- 33 Able to self-infuse your factor concentrate and access to factor throughout the program
- 33 Proficient in written and spoken English
- 33 Able to attend all program sessions
- 33 Able to travel unaccompanied and with appropriate visa and/or passport
- 33 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.



**Deadline is August 15, 2010**

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

## **Part II Developing a Plan of Action**

Date: **March 25 – 29, 2011**

Location: Auckland, NZ

### **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

## **Part I: Building the Foundation of Leadership**

Date: **September 24 – 28, 2010**

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

### **Interim Project**

Prior to the first meeting and 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 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.