

## Advice from a Gardener



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## Plant Seeds of Kindness

When you want to grow something you must, as any gardener will tell you, plant a seed. You then nurture the growth of the seed with water and sunlight. Soon you reap the benefit of its fruit.

How do we apply this to our growth as leaders? Our role as Navigator Project volunteers, whether you are a Local guide, Broker or Navigator Team leader, is one of spreading the word about the programs and services of P2P to those we come in contact with. Now, for us outgoing & outspoken types that can be easy. But what if you are the more reserved or shy type. Let's say you see a mom at the grocery store and she has her child with a disability with her. How do you approach a stranger with information you want to share? How about planting a seed of kindness first? Introduce yourself to the mom and also speak directly to the child. I read (and have experienced personally) that parents of children with disabilities stated that they feel as if people avoid eye contact with their children. This simple gesture of acknowledging someone (don't we all want to be seen and heard!) that is a common courtesy in most circumstances, can open a door to a meaningful conversation. It gives you a chance to let the parent know you share common ground in the world of disability. You can tell your story of how you were assisted by P2P, who we are and ask if they would like a Regional Coordinator to call them. As volunteers we can sometimes sound like we're selling something but what we really want to do is share what we know. Spread the word and your seeds of Kindness.

To become a Navigator Project Volunteer contact [sandra@p2pga.org](mailto:sandra@p2pga.org)