

NATIONAL STUTTERING ASSOCIATION

IF YOU *stutter*, YOU ARE NOT *alone*.



Wednesday, March 29, 2023

Keys to Career Success for People Who Stutter Webinar

Our webinars have covered themes such as disclosure, resilience, mindfulness, and self-advocacy — all things that can directly contribute to finding success at work as a Person Who Stutters (PWS). Although each of our career paths vary greatly, one thing we all have in common is that each day presents an opportunity for growth. This interactive webinar, facilitated by John Ontiveros and Pamela Mertz, of our WeStutter @ Work team, will prompt each of us to reflect on our individual career journey and evaluate lessons learned over time.

The NSA community is filled with individuals from a diverse background of career paths, experiences, and perspectives to share. As you look over your own experiences... What have been your keys to success?

(Facilitators – John Ontiveros and Pamela Mertz)

Behind the Scenes - Chat Room Transcript

Facilitator question to participants:

What are some of your keys to success in the workplace? We want to hear from you.

Communicate effectively

Having good communication and mutual respect for each other

Being organized

Having confidence in yourself and being able to bounce back from bad days

Confidence, respect and empathy

Making efforts with sincere listening skills and maintaining a level of confidence regardless of the challenges

Participant question:

How would you self disclose during an interview? Would you do it right at the beginning of the interview?

It can vary across companies and the role

Even if I do not self disclose, a recruiter or interviewer might get a glimpse of it anyway

Self acknowledgement on our side goes a long way towards demonstrating confidence

It also depends on when you feel the most comfortable with self disclosing and being vulnerable

When we can control the narrative, it helps to prevent false assumptions

Comment about point made about choosing to talk face to face or over phone

I like what you mention about talking rather than relying on emails or messages because I have been taking the easy way out for the last few weeks. When my speech pattern felt more struggled, I felt mentally drained and didn't want to speak. You make a great point, so I will try to be more confident talking and pushing myself to talk more and be engaged in conversations around me.