

## ABOUT IFLTI

The Iowa Family Leadership Training Institute provides training to Iowa parents and primary caregivers of children and youth with special health care needs to develop their leadership skills and become better advocates.

This four-session, in-person training teaches participants:

- \* How to work with partners
- \* Individual paths to leadership
- \* Strategies for advocacy
- \* How to impact communities and systems

## COMMUNITY SERVICE PROJECT

Participants work with individual mentors to create Community Service Projects, encouraging growth in leadership and providing real-world experience.

## WHO SHOULD APPLY?

Successful applicants should have the following qualities:

- \* Show potential to articulate or develop an **ADVOCACY** message
- \* Open to **COACHING** and receiving **FEEDBACK**
- \* **FOLLOW THROUGH** and complete tasks
- \* Work in an **INCLUSIVE** manner with people from diverse backgrounds
- \* Handle **CONFLICT** in a **POSITIVE** way
- \* Desire to help the **GREATER GOOD**
- \* Listen well and **RESPECT** the perspectives of others
- \* **THINK STRATEGICALLY** and consider the broader community
- \* Work well with **OTHERS**



Iowa Family Leadership Training Institute

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IOWA FAMILY  
LEADERSHIP TRAINING  
INSTITUTE



## WHAT GRADUATES HAVE SAID

“It’s a really good model that offers unique bonding with other parents, because you get to step away from real life for a few days.”

“The IFLTI is a great opportunity to learn about yourself, disabilities, and systems.”

“The Institute opened so many doors for me.”

“I’ve learned that I’m more of a leader than I thought and that I have the ability to make great change.”

“It was wonderful to connect with other special needs parents. I have learned so much and now have some ideas of how things work.”

“Knowing that I can make a difference moves me to continue forward.”



## TRAINING TOPICS

The Maternal and Child Health Leadership Competencies are the framework for IFLTI. As leaders develop, they move from “self” to “others” to the “wider community.”

- \* The History of the Disability Movement
- \* Servant Leadership
- \* True Colors®
- \* Storytelling
- \* Communication and Conflict Management
- \* Health Information Resources
- \* Advocating with Policymakers
- \* Working with Data to Support Storytelling
- \* Transition to Adulthood
- \* Self-Care and Resilience

## IMPORTANCE OF FAMILY LEADERSHIP

While parents and caregivers of children with special health care needs have significant life experience, they may not have the training to partner with professionals at all levels.

Family leadership training increases the capacity of caregivers to communicate better with providers, work with community partners, and make health care systems more family-centered and culturally-competent.

## REGIONAL TRAININGS

Not every parent or caregiver of a child with special health care needs is able to take time for an overnight, multi-session training.

IFLTI also offers regional trainings during evening sessions on specific leadership topics.