

## Reasons to be a Support Group Leader

- You are providing a place where people can connect and feel at ease to talk about experiences they've had living with spasmodic dysphonia and related voice conditions, both in-person and online.
- You will gain insight by listening to how other people with vocal conditions feel about themselves, what treatments have been helpful and not helpful for them, and how as a community we can better support them.
- You will feel good about helping your group get together to express how they feel, to enjoy the social contact, and to learn more about their vocal challenges from speakers and from each other. The meetings can be one of the few social contacts some of us have and these meetings can help create a local network.
- Not everyone wants to or is able to attend meetings, so you will feel good (about what) that you can offer support to people individually by email, Zoom, phone calls and/or meeting them for coffee, where they can feel they have the privacy to share.
- Especially for those people who are anxious, having been recently diagnosed and/or who are going for their first treatment, it feels good to have a meeting they can attend to help them realize they're not alone and others have walked a similar path.
- You will have the satisfaction of leading a group of people who feel they are each being listened to by everyone else in the room. To be really heard is so important and it helps empowers to empower people to advocate for themselves.
- You will feel part of our community that works as a team that helps to advance the Mission of the organization to improve the lives of people affected by spasmodic dysphonia and related voice conditions through research, education, awareness, and support.