HIV
Consumer Advocacy
&
Leadership

How to advocate for you and HIV/AIDS

Emotional Intelligence Special Projects
a division of
Georgia Association for People With AIDS, Inc.
Defining advocacy & leadership

**Advocacy:** The act of pleading or arguing in favor of something, such as a cause, idea, or policy; active support.

**Leadership:** The position or function of a leader: He managed to maintain his leadership of the party despite heavy opposition.
What’s your behavioral style? Where do you fit in?

There are four (4) basic areas of “emotional intelligence” that describes the kind of advocate or community leader you are:

- Driver/controller
- Influence/promoting
- Supporter/Amiable
- Compliance/Analyzer
Emotional Intelligence

What’s your behavioral style? Where do you fit in?

1). Driver/ Controller
   Task Accomplisher, Bottom-Line Oriented, Monitoring, Supervisory

2). Influence/ Promoting
   High-energy, moves quickly, Enjoyable to be around, smiles a lot

3). Supporter/ Amiable
   Dedicated and committed, a loyal team member

4). Compliance/Analyzer,
   Objective, reality-based, Conscientious, steady, criticizes known for test data
We as advocates are often working to better the lives of others living positive that we forget to take care of ourselves. Our health and well-being is essential to being at our very best. We have to remember to advocate for us first before advocating for others. Let’s look at some clear cut questions we should be asking ....
Taking Care of You
10 Questions to ask your doctor....

1). May I have a moment of your time, I have some questions?
2). Have you tested me for stress and may I have a stress test?
3). Have you tested for high-blood pressure?
4). Have you tested for diabetes?
5). I often am depressed and don’t like people should I see a therapist?
6). I suffer from personality disorders and don’t get along with people should I seek help?
7). I suffer with severe anxiety, often feeling drained, depressed overworked should I seek help?
8). I have shortness of breath and chest pain, have you tested for cardiovascular disease?
9). I am really uncomfortable when I’m not in control, do I need a therapist?
10). I have back pain, have you tested for renal disease, or a “kidney disease”?

This is about you first no one else, let’s take care of ourselves before we take care of others.
Defining a “Happy Hooker”
Contact Info:

Georgia Association for People ‘With AIDS
GAPWA
A division of
The Phoenix Group Foundation, Inc.
899 South Stone Mountain Drive
Stone Mountain Georgia 30082
Phone: (404)-563-6105  Fax: (404) 563-6110