



RUSSEL

Russell Lehmann



INTRODUCTION

Who is Russell?

31-year-old Thought Leader,
Speaker, Poet, Advocate



#RussL

The Mission

Using hindsight and insight to generate foresight for others.

- 2019 "Leadership in the Digital Age" Graduate - *MIT Sloan School of Management*
- 2018 Reno-Tahoe's "Most Outstanding Young Professional"
- Contributor, *Psychology Today*
- Archived in the Library of Congress

Boards/Councils

- The Arc of the United States
- Autism Society of America
- NEXT for Autism

Passion & Purpose
To Suffer and Endure

Then



Now



Spoken Word
Poem

Dear Russell,



Age 7

- Began experiencing vicious meltdowns, panic attacks, depression and severe phobias
- Developed a severe speech impediment due to sucking my thumb every hour of every day

Age 9

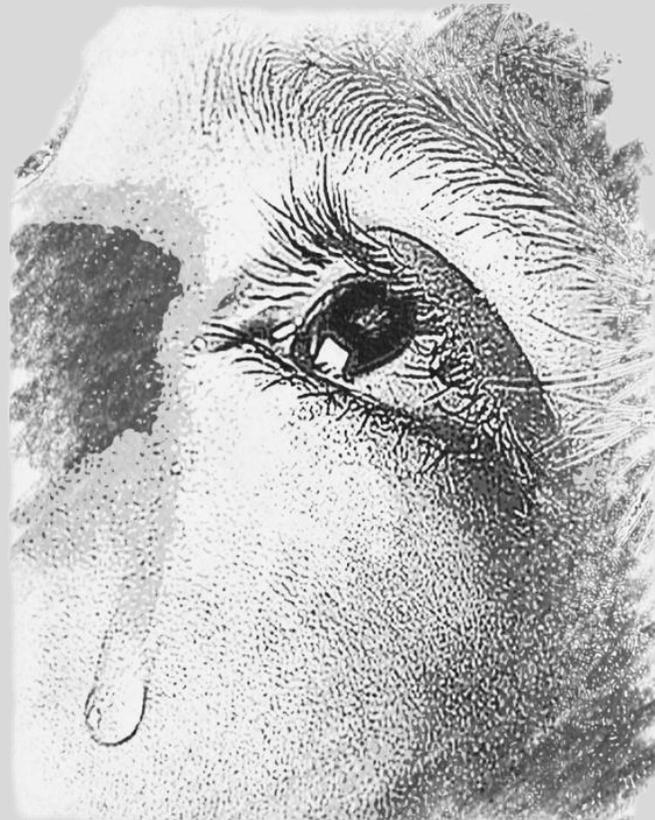
- Continued to experience meltdowns, panic attacks, and severe phobias
- Obsessive-Compulsive Disorder (OCD) began to consume my livelihood, along with disturbing intrusive thoughts

Age 12

- Hospitalized for 5 weeks due to severe depression, anxiety and OCD
- Ordered to attend public school without receiving any support or accommodations from the school district

Spoken Word
Poem

Growing up...



I was a mess

Age 12

This Is What Autism Looks Like for Me

**Spent the school day sleeping in the principal's office,
being bullied whenever I would come into contact
with others.**

**In 2003, at the age of 12, was finally diagnosed with
autism at the University of Washington's Autism Center.**



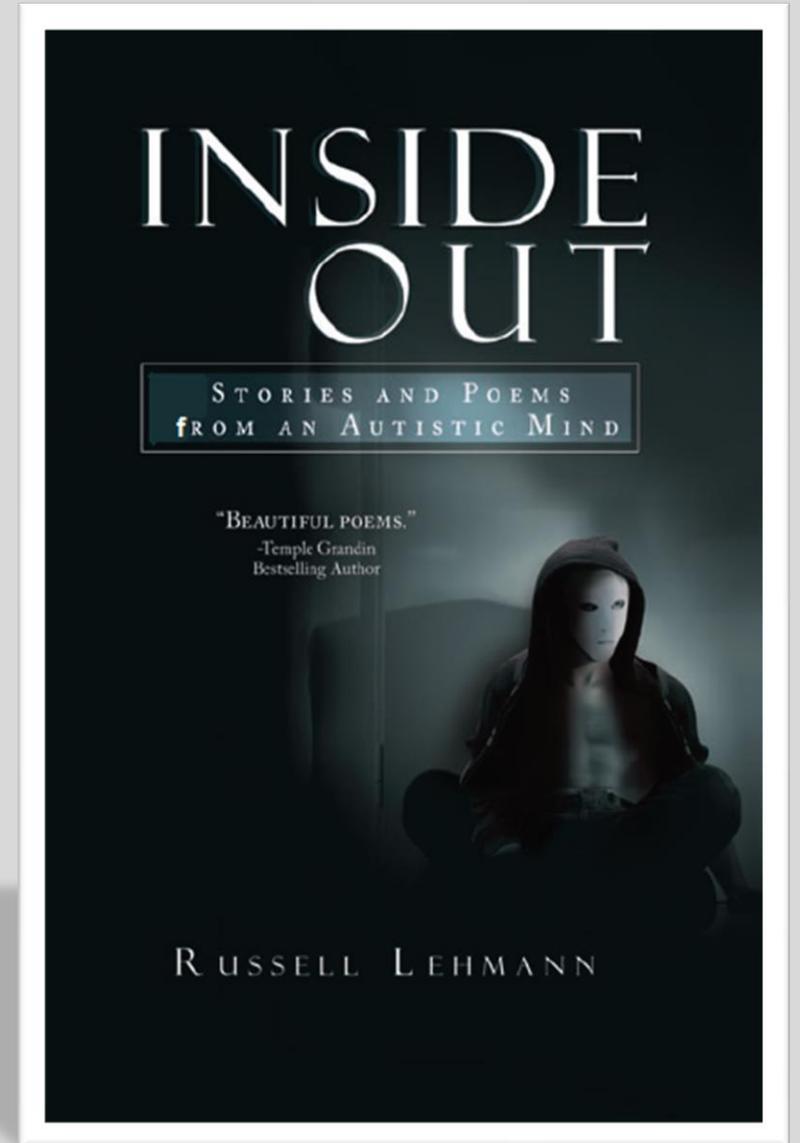
Baby Steps to Big Dreams



**2011
(Age 20)**

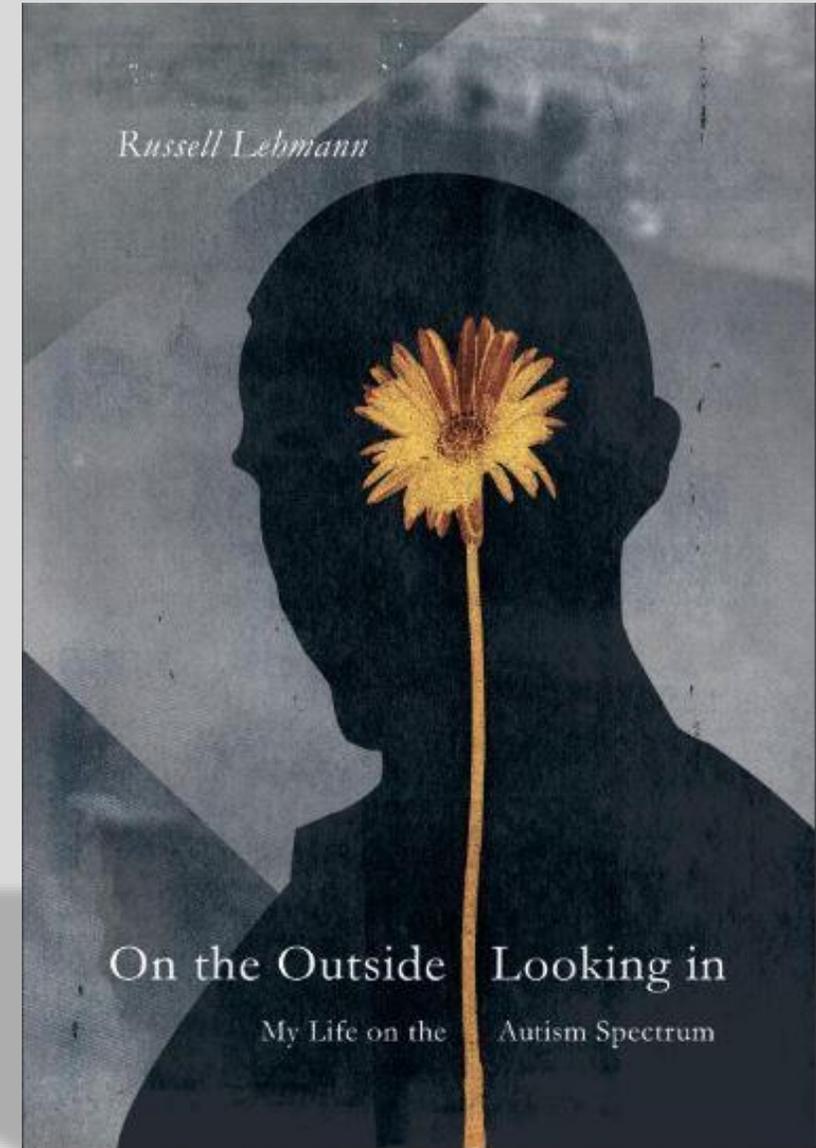
- Honorable Mention at the 2012 NY Book Festival
- Featured in LA Times
- Won literary award in Vancouver, Canada in 2013

*Follow Your Passions and
Success Will Follow You*



On the Outside Looking in **\$30**

- **Expansion of First Book**
- **450 pages of utterly transparent view into world of autism and mental health**
- **Over 80 powerful and emotional poems**
- **Shared are lessons learned and insights gained**
- **PG-13**

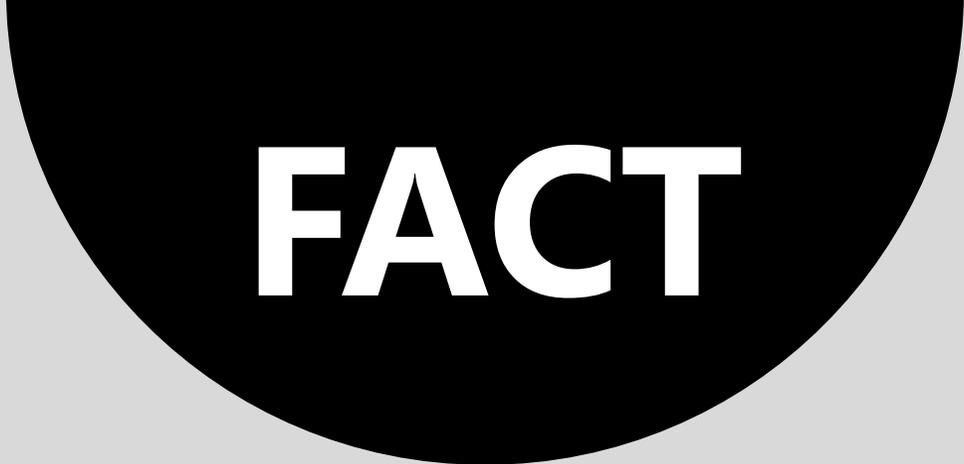


“

“You yourself, as much as anyone in the entire universe, deserve your love and affection.”



—Buddha



FACT

What we *do not see* is oftentimes more important than what *we do see*.

Ask yourself:

“What am I not seeing here?”

**What do
you see?**



What do
you *not* see?



How?

A horse is tied to a 2 ft. rope and there is a bail of hay 15 ft. away from him.

Yet the horse is able to eat from the bail of hay.



2 feet

15 feet

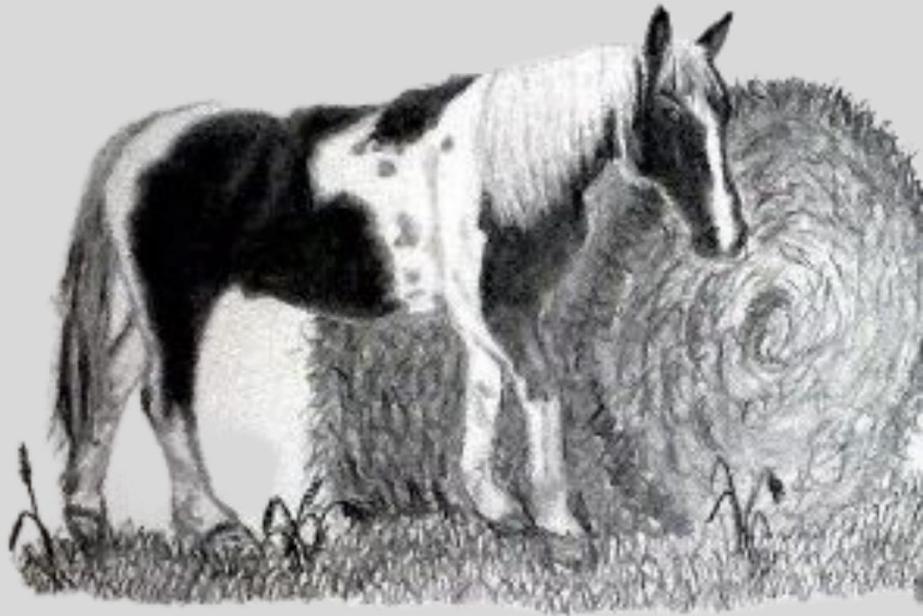


Remember



What we *do not* see is oftentimes more important than what *we do* see.







Compassion is a verb.

—Thich Nhat Hanh

Etymology

From the Latin *compati*, from *com-* (“together”) + *pati* (“to suffer”)

Compassion = “To suffer with”



Epictetus

Stoic Philosopher
50-135 AD

“

Sickness is a hindrance to the body, but not to your ability to choose, unless that is your choice. Lameness is a hindrance to the leg, but not to your ability to choose. Say this to yourself with regard to everything that happens, then you will see such obstacles as hindrances to something else, but not to yourself.

”

“

Success is not final, failure is not fatal:
it is the courage to continue that counts.



—Winston Churchill



PERSEVERANCE

noun

1. steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement





I may have a disability, but I *refuse* to let my disability have me!

Keynotes, trainings, and workshops

*Let's change the world...
together!*



#RussL

Contact me at:
www.TheAutisticPoet.com