

About Face

Rethink what you think.

Watch the video “I am not helpless,” featuring shipbuilder Elizabeth Shames.

Questions for Discussion on the Video and Inclusion and Diversity:

1. What aspects of Elizabeth’s story were most surprising to you?

2. Have you or a loved one ever had to overcome the “stigma” sometimes associated with having a disability or physical limitation? If so, how?

3. Can you think of people with disabilities who are in careers or jobs that you might not expect? For example, President Franklin D. Roosevelt, 32nd president of the United States, was a polio survivor and used a wheelchair.

4. How can organizations benefit from the talents and perspectives of people with disabilities?

5. What would you do if you saw an employee being excluded, bullied or made fun of because of a disability or physical impairment?



“I’m not defined by my impairment—being legally blind. I have certain limitations, but I’m able to do things other people can do. The world as a whole isn’t made up of people who all look, think, act and behave the same; so you have to have a realistic approach to the scope of humanity.”

Elizabeth Shames



Inclusion +
Diversity