

# What Makes Me Tic

Comedy and Storytelling about Inclusion

Pamela Rae Schuller



# “YES, AND”

The YES is an honest acknowledgement of what is, without judgement.

The AND is how we get creative and shape the next steps.

I was so valued in my community but I still quietly felt like I took away from the world.  
I remember the moment that started to change.

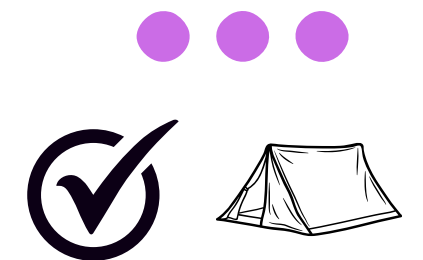
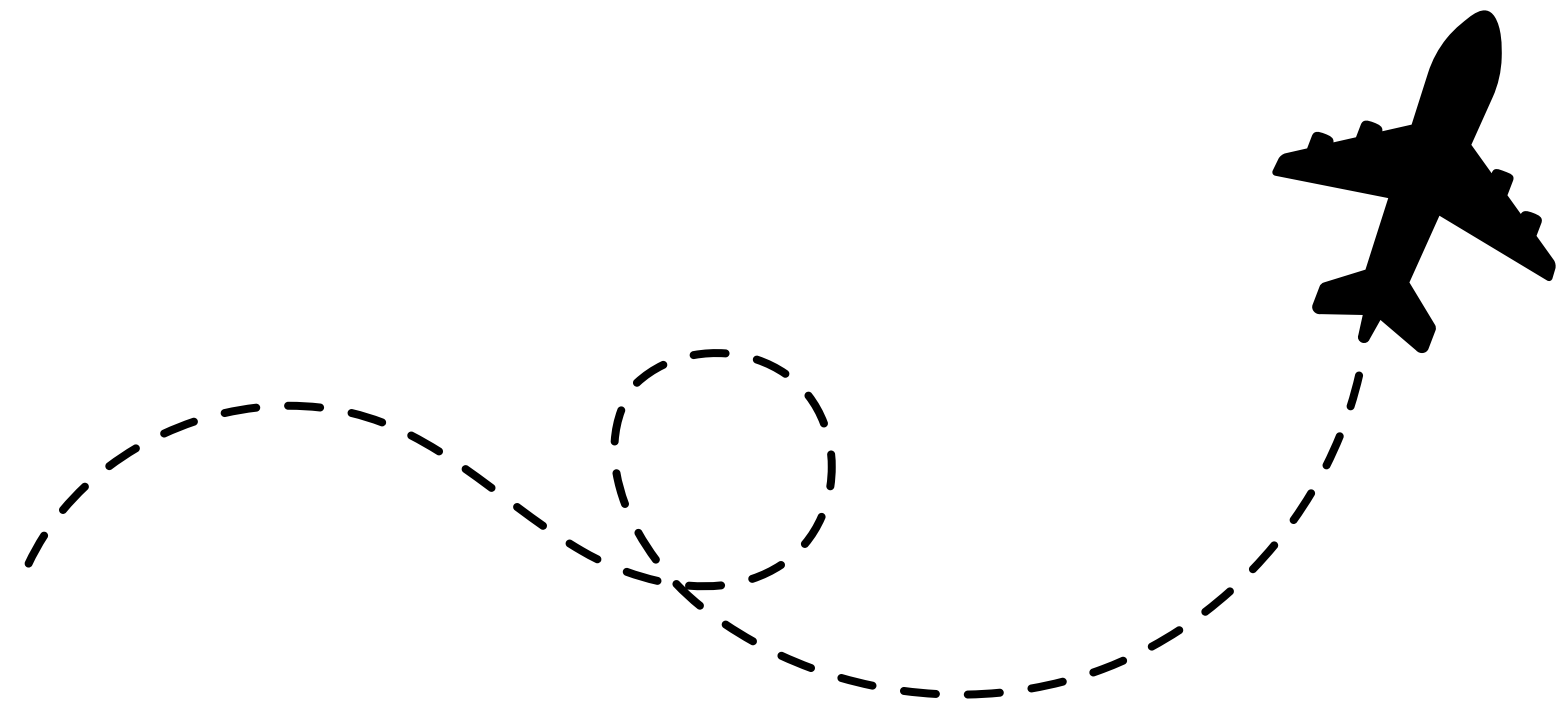


“YES, AND” became a way for the people in my world to respond.

They accommodated me so they could experience the best parts of me.



What if we spent more energy helping each person find their thing- the thing that makes them shine- and celebrating it?



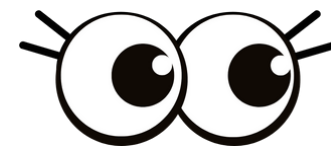
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Inclusion is CREATIVITY

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I still have challenges and bad days from  
Tourettes.





I spent so many years thinking “I will learn to love myself when the hard parts about me go away”



1 in 4 people have a disability.  
Half of us will experience a mental health  
challenge in our lifetime.

We all have something that makes our life feel  
messy or overwhelming.

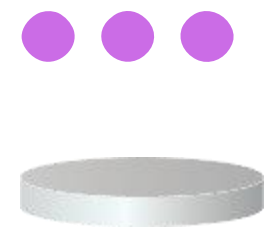
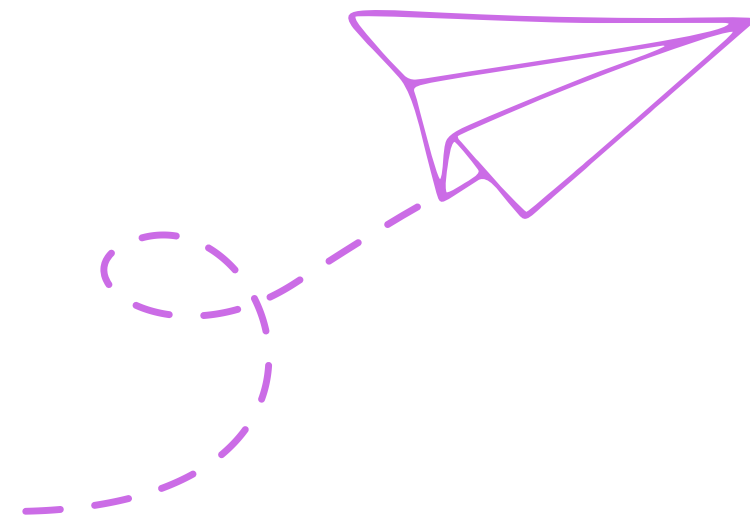


You can struggle and love who you are at  
the the same time.

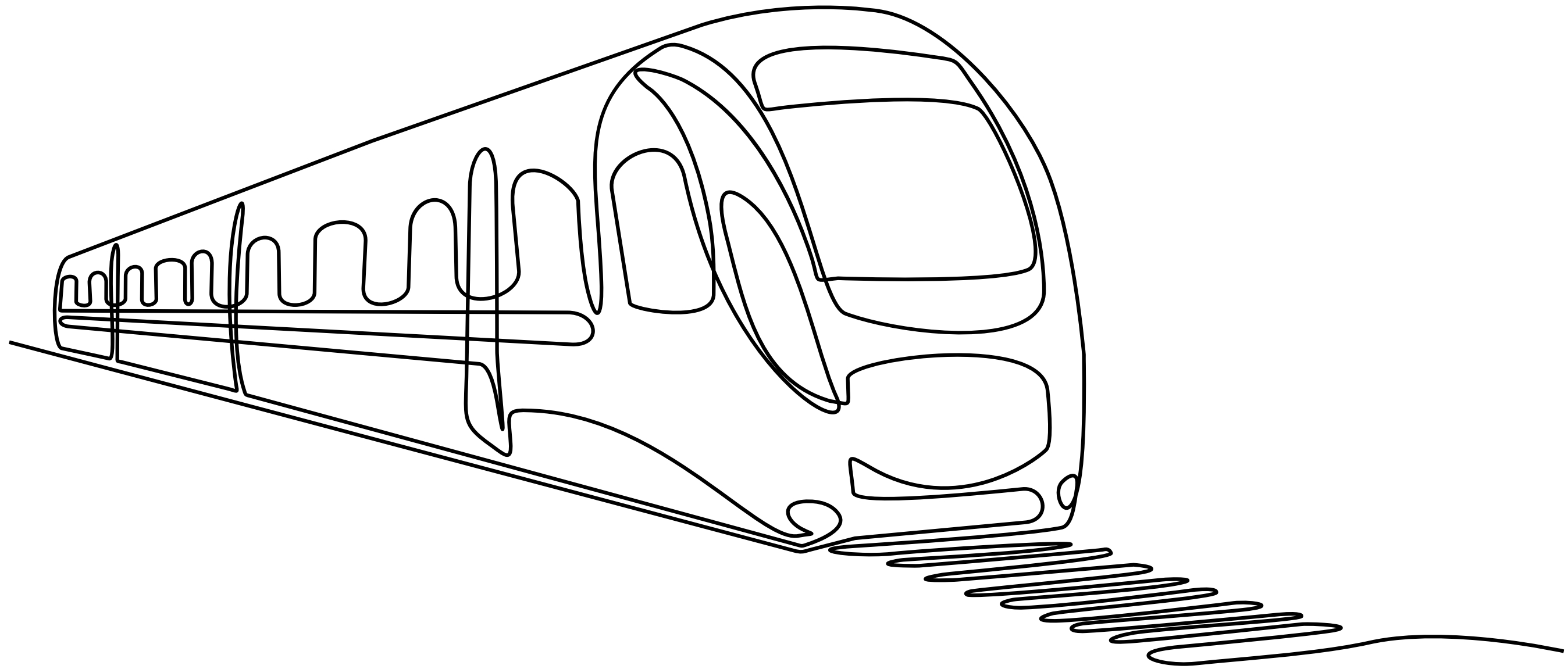


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A student once asked me “what’s the meanest thing anybody has ever said to you?”



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It's thinking about inclusion and accessibility as we plan and program.

It's remembering that we don't have to get a person all the way to their goals. It's about getting them as far as we can in the time that we have them.



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It's measuring success for every person in a way that works for them.

It's about showing up imperfectly!



Most of the people you work with don't have  
Tourettes.

Or want to be a comic...

Or even want to stand in front of a room and  
talk about what makes them THEM





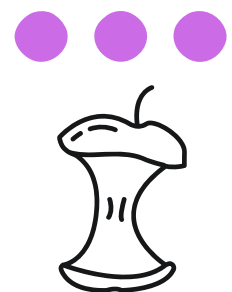
I hope you realize that none of this  
is about me, Tourettes, or comedy.



It's has everything to do with how we empower people to  
be their most unique self

It has everything to do with not putting a ceiling on how  
high somebody can reach.

It has everything to do with creating a  
“Yes, and” community.



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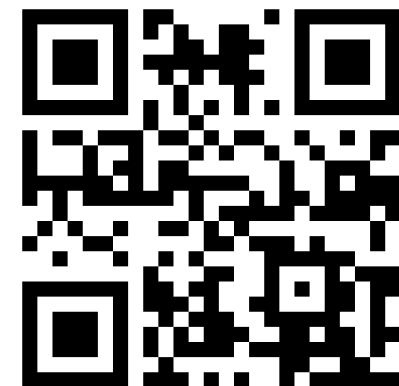
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