

# Our Stories

## Ellen's Story

### INCLUSIVE EMPLOYMENT

**After leaving school, Ellen applied for a role as the Admin Assistant at Down Syndrome NSW and was successful after an impressive interview, where Ellen's strengths, skills and abilities were clearly recognised.**

As a valued team member for Down Syndrome NSW, Ellen's role started with collecting mail and keeping the office tidy and ordered, but her computer skills were soon realised and Ellen began doing data entry. As Ellen's role and responsibilities have evolved, she now also assists with organising Up! Club events, attending conferences and events with the CEO and participating in impactful public speaking opportunities.

As her skills and confidence in the workplace developed, Ellen decided to broaden her work experience and, having always had an interest in sports and staying active, Ellen enrolled and completed her Certificate 3 in Health & Fitness at TAFE.



After successfully completing her studies, Ellen found a place in the workplace where she could follow her interests and utilise all her amazing skills and knowledge.

While continuing to work for Down Syndrome NSW, Ellen secured an exciting job opportunity with the Sydney Swans' women's team through our Employment Connections program.

Today, Ellen enjoys interacting with the Sydney Swans players, coaching staff and people in the office, helping pack and unload the van at training sessions, setting up the field and overall being a vital help to the team. She continues to engage in a range of recreational and sporting activities and is looking for other jobs in the fitness industry where she can continue growing her skillset.

For Ellen, having an inclusive workplace has allowed her to follow her passions, find meaningful work and develop the confidence to pursue new opportunities as they arise. While work isn't the only important facet of Ellen's life, having inclusivity in the workplace ensures that Ellen can spend her time doing what she loves most.

**Our Employment Connections program focuses on upskilling employers on Down syndrome, creating inclusive workplaces and supporting adults like Ellen to find meaningful and sustainable employment.**



**“There are a lot of things I like to do outside of work. I like to go on long walks, I really enjoy swimming, I play netball and dancing, I like going to the gym and I go out with my friends to dinner, the movies or bowling. I really like spending time with my family and my boyfriend Jesse.”**