

# Allison Nichols

Topeka Jr Blues



Hometown: Topeka

Sports: Bowling, Volleyball, Basketball, Cheerleading, Track and Field and Swimming

Other Activities: Volunteer at Atria Nursing Home every Friday. Attends day services at AIS

Awards/Honors: **Named one of "Topeka Under 40"** recipients 2014. Kansas Spotlight Award from WIBW-TV 2015. Served on Kansas Council on Developmental Disabilities

People I Admire: Chef Gordon Ramsey, my dad, President Obama

Groups I have talked to: Kalmar, Ottawa Rotary, Kansas Legislative Shrimp Peel, Payless Shoes Charity Fair

Future Dreams: Be a judge on Chopped and Master Chef

More About Me: I love to dance

What being a Global Messenger means: *I enjoy meeting people and telling them about what Special Olympics has meant to me.*



## Allison's personal strengths

### Caring

In your heart, helping others is important. You want to make the world better by helping people.

### Competing

You see many things in life as a game and you feel great joy when you win.

### Confidence

You believe in yourself and what you can do. This helps you take on challenges because you feel sure you can succeed.

Global Messengers are Special Olympics Kansas athletes who tell their story and spread the message and vision of the movement. Each messenger completed the StrengthsExplorer® program to identify their personal strengths. Then with 12 hours of classroom training learned speaking skills, and built confidence in their ability to make presentations. Each was required to give a 5-7 minute graduation speech to family and friends. **Allison's personal strengths are reflected above. For more information regarding the Special Olympics Kansas Global Messenger program, or to request a Global Messenger for your event, please contact Public Relations, pr@kssso.org.**