

# Bekah Henderson

## Topeka/Shawnee



Hometown: Topeka

Sports: Volleyball, Bowling, Basketball, Cheerleading, Swimming, Track & Field, Powerlifting, Softball and Bocce. Also member of Team Kansas softball team participating in SO North America National Softball Invitational 2015, 2016

Career goals: I would like to make and sell jewelry and cards. I hope I can be a role model to others

People I admire: Det. Kristi Powell (Topeka), my parents, my big sister and my coaches.

Awards/Honors Big 12 Special Olympics Female athlete of Year, Summer Games Most Inspirational Athlete, Lester J Wilson Award for Most Inspirational Lifter 2016, attended 2014 USA Games on Team Kansas bowling team, Maid of Honor for my **sister's wedding**.

Groups I have talked to: Summer Games Opening Ceremony Welcome, Wea Knights of Columbus, Payless ShoeSource Charity Fair, Kansas High School Activities Assoc—STUCO July Leadership Conference, Ottawa Rotary, Kalmar Torch Run Exchange, Kansas Legislative Shrimp Peel

More About Me: I was the only female Powerlifter from Topeka in 2016. I gave an awesome speech at my sisters wedding thanks to my training as a Global Messenger!

Other Activities outside Special Olympics: Bowling league, arts and crafts, Parks and Rec activities and church. I help the Knights of Columbus each year during their Tootsie Roll Fundraiser Drive.

What being a Global Messenger means to you: *It is an honor to represent Special Olympics Kansas and to tell people about what Special Olympics means to me and my friends. It has given me more confidence and I have met so many wonderful people.*



### Bekah's personal strengths

## Caring

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

## Confidence

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

## Organizer

Scheduling, planning and organizing your world makes life better. People count on you to get the details right and pull a plan together.

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**. **Bekah'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](mailto:pr@kssso.org).