

2025 BACKBONES Leaders Program Application

Thank you for your interest in the 2025-2026 BACKBONES Leaders Program! This program is designed to empower individuals with spinal cord injuries to develop leadership skills, build community connections, and become advocates for inclusion and accessibility in their communities. We are excited to support emerging leaders who are passionate about making a difference and creating lasting impact.

If you have any questions or need assistance with your application, please feel free to contact your Program Coordinator, Monica Quimby at mquimby@backbonesonline.org

Deadline to Apply: Friday, October 31st, 2025

2025-2026 Program Schedule & Timeline

Each session will be a 2-hour virtual meeting. These mandatory meetings will be via Zoom on **Tuesdays 6:30pm EST / 5:30pm CT / 4:30pm MT / 3:30pm PT** (Please adjust for your local time zone.)

2025

- Nov 18 — Orientation
- Dec 2 — Disability Identity / Pride
- Dec 16 — Advocacy

2026

- Jan 6 — Community Organizing
- Jan 20 — Self-Care
- Feb 3 — Time / Energy Management
- Feb 17 — Storytelling & Disability Narratives
- Mar 3 — Public Speaking / Networking
- Mar 17 — Conflict Management
- Apr 7 — Effective Communication
- Apr 21 — Financial Independence
- May 5 — Fundraising & Grant Writing
- May 19 — Wrap-Up

The Leaders Program requires a time commitment of 2 hours, twice a month virtually through Zoom. Are you able to commit to this schedule?*

Yes

No

About You

First name*

Last name*

Pronouns*

Email*

Phone*

Country/Region*

Address*

City*

Zip / Postal code*

Best Mode of Contact*

- Email
- Phone call
- Text
- WhatsApp

Spinal Cord Injury Level*

Cause of Injury (optional)

Employment & Education Experience:

We value all types of experiences - paid or unpaid -including school, volunteer work, caregiving, advocacy, internships, fellowships, training programs, etc.

Please describe experience in employments, volunteer work, education, etc.*

How do you think your past or current experiences will support your leadership journey?*

Program Expectations

How do you define leadership? What motivates you to be a leader?*

What interests you about participating in this program? What are your expectations?*

What skills, knowledge, experiences, stories, etc. can you share with the group? *

What are some of your professional and personal goals or interests?*

Video Profile

Create a short video (no more than 90 seconds) explaining the following:

- Who are you and what are your personal/professional interests?
- What do you hope to gain from this program?

Video does not need to be professional. You can use your phone. We just want to get to know who you are.

*Please make sure to include any passwords to video if it is password protected. Videos will not be shared outside of program staff.

Link to Your Video Submission*

Supplemental Materials

Please upload letters of recommendation, resume, or supplemental materials that can tell us more about you. You can upload up to three (3) documents.